

The QUICKFRI

The Most Wonderful

COOKING PAN

(Patented throughout the World)

ever invented

*IT ROASTS
FRIES AND
BOILS.*



Post Free,
7D.
COPYRIGHT.

6th EDITION.

PUBLISHED BY
QUICKWAYS (1920) Ltd. 107 PIMLICO ROAD
Next door to Chelsea Barracks
CHELSEA, S.W.1

Phone: SLOANE 4631

THE UNIVERSITY OF CHICAGO

LIBRARY OF THE UNIVERSITY OF CHICAGO

1000 UNIVERSITY AVENUE

CHICAGO, ILL. 60607



22501244891

WARNING

Owing to the **HUGE SUCCESS** of
QUICKFRI, the Magic Cooking Pan,

IMITATIONS

have been placed on the market *without*
the wonderful Asbestos and Steel lining.

Make sure the Pan you purchase is a

QUICKFRI



Lined Steel and Asbestos inside outer rim

LOOK FOR OUR REGISTERED LABEL.

THERE IS NO SUBSTITUTE

GUARANTEE.

The advertisements accepted are only those that have been personally tested, and which we use ourselves in various demonstrations; so we are able to guarantee them. Failing the article functioning as described Quickways personally will refund money expended by you.

All articles advertised may be obtained from Stockists; name of your local Agent sent on receipt of P.C.

There are no substitutes for articles advertised in Quickways' Cookery Book.

Yours faithfully.

QUICKWAYS LTD.

WARNING

Quickly, the Magic Cooking Pan,
 Quick to the Point of Cooking Pan.

IMITATIONS

It is a great help in the kitchen without
 the wonderful, delicious and healthy thing.
 It is a great help in the kitchen without

WELLCOME INSTITUTE LIBRARY	
Coll.	weIMOmec
Coll.	'pam
No.	QT 235
	1926
	Q79
	✓

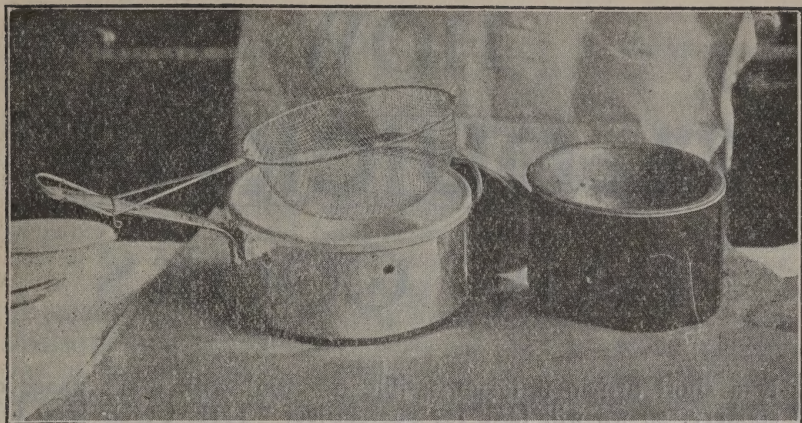
THERE IS NO SUBSTITUTION

GALAPAGOS

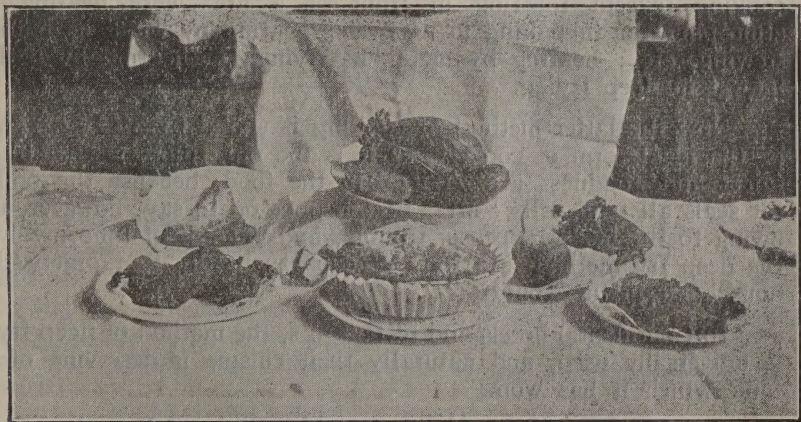
It is a great help in the kitchen without
 the wonderful, delicious and healthy thing.
 It is a great help in the kitchen without

It is a great help in the kitchen without
 the wonderful, delicious and healthy thing.
 It is a great help in the kitchen without

QUICKWAYS LTD



Quickfri to-day and as used by the Inventor in the Great War while on Active Service in France
QUICKFRI AS SOLD TO-DAY.



What was Cooked in the 15 minutes in No. 3 size Quickfri.

Where it can be used.

On GAS STOVE
 GAS RING
 OPEN FIRE
 KITCHEN RANGE

On OIL STOVES
 PICNICS in the OPEN
 Some ELECTRIC STOVES

Wherever there is heat you can use QUICKFRI.

HOW

The **QUICKFRI**

PAN COOKS

IN a short article it is impossible to deal with every phase of cookery, so we will take for our subject "THE COOKING OF FOOD." (The dressing or preparation of food for cooking is fully dealt with in Quickways' Cookery Book).

Before the introduction of Quickfri, the existing methods of cooking (except roasting in front of a fire) were heating the atmosphere as in baking in an oven; heating by water as boiling, stewing, etc.; heating by metal, as frying; or heating by boiling fat, as in deep frying.

Now the latter method of cooking is stated by Mrs. Beeton to be the ideal form of cookery, as it is the only process whereby all juices and goodness are retained in the food, because the boiling fat seals all food cells. Mrs. Beeton goes on to say, however, that owing to the heavy expense, trouble, and amount of time involved, the deep fry method is a form of cookery hardly ever practised in households in this country.

In Continental hotels and restaurants, the method of deep frying is universally used, and naturally their cuisine is deserving of the fame which it has won.

By the introduction of the Quickfri Cooking Pan the method of deep frying is placed before the public without any of its disadvantages, such as costliness, trouble and waste of time, and so simplified, that before long the Quickfri must be used by every woman who takes pride in her table.

In deep frying, 5lbs. lard, oil, etc., is needed, consequently, it takes a long time before it is hot enough to cook; then there is the risk of the fat being too hot, in which case food is scorched; again, if fat is not hot enough food is greasy and unsavoury.

Now the STEEL AND ASBESTOS LINING, which is the secret of the Quickfri Pan, takes the place of the large quantity of fat in holding heat, so Quickfri only needs about 1lb. of lard or other fat, and owing to the construction of the Quickfri, every unit

of heat is trapped, and this 1lb. of lard, etc., is subject to a much higher temperature. THIS HIGHER TEMPERATURE, AND THE FACT THAT IT CAN BE CONTROLLED AT WILL, IS THE SECRET OF SUCCESSFUL COOKING, and eliminates the necessity for covering the food in boiling fat as is used in the deep frying method. The fat being so hot seals every tissue or cell of the food, preventing even the smell from escaping, so every article of food being instantly sealed as it touches the boiling fat, it is quite immaterial whether one kind of food is cooked, or two or more different kinds of food are cooked together, such as onions, fish, apples, etc., for each item of food being unable to discharge either its flavour or smell into the fat, cannot contaminate any of the other food. Consequently, the fat remains always pure and free from the odour, taste or smell of any food that has been cooked in it.

Large articles of food are just turned, first one way then the other.

When selecting size of Quickfri, purchasers should remember the larger pans give the best results, and are more economical, as potatoes or other vegetables may be cooked at the same time as the joint without additional cost of gas or fuel.

Quickways always guarantee that the food will not be greasy, if instructions are carried out. If the reader has ever burnt her finger or hand with boiling fat, she will have noticed that a blister has formed with pores of skin sealed, but the outer skin was not greasy.

The inventor designed Quickfri for cooking fish, but he invented a far more wonderful article than he ever dreamed of. If our readers will try and realise that nearly every known method of cooking can be employed in a Quickfri, from making soup, cooking joints and poultry to cooking pastries and pies, they will agree it has well earned the name given it by one of London's leading dailies--

THE MAGIC COOKING PAN.

Extracts from letters—typical of many received daily.

Fifty Road,
Cockermouth,
Cumberland.

I have used your "QUICKFRI" pan for a year, and I enjoy cooking in it. It is so pleasant, easy and interesting. I make "Everton Toffy" in it, and everything I use it for is successful. . . . To-day I cooked Irish Stew for half an hour—the flavour was excellent.

Yours truly, M. B.

Connaught Road,
Hove, Sussex.

Dear Sir,

Kindly send me catalogue of your other household helps, in addition to your truly wonderful "Quickfri." It is a marvel, and does all and more you claim for it.

Faithfully yours, A. J. M.

NO BURNING
NO TURNING
NO SPLASHING

IT TAKES:

- 1 minute to cook fish.
- 3 minutes to cook chip potatoes.
- 2 minutes to cook a steak.
- 12 minutes to cook a chicken.
- 15 minutes to cook a joint.
- 1 minute to cook a fritter.
- 3 minutes to cook a jam tart.

Onions, fish, pastries and meat can all be cooked at the same time, in the one pan, and there is not the slightest trace of one article of food flavouring another. No smell of food while cooking. Any kind of lard, suet, dripping or oil may be used.

THE QUICKFRI

method of cooking is simplicity itself, and is ideal for servantless houses. It saves labour, time and temper and makes cooking a real pleasure. A girl of fourteen can cook a four course meal easily and in less time than it takes to cook one article of food in the ordinary way.

QUICKFRI and ECONOMY

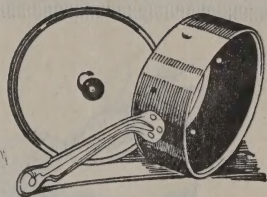
Wherever there is heat the QUICKFRI can be used, and it means a saving of tenpence in every shilling in fuel, gas, oil or electricity. Food can be cooked on a gas stove in the bedroom, for there is no splashing or smell. For open fires the QUICKFRI Pan is equally as good, as outer rim will not melt.

All about the

QUICKFRI PAN

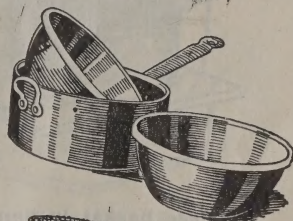
The Pan

is made of best aluminium, highly finished, lined with asbestos and steel. A heat retaining jacket is thus formed which ensures the right degree of heat for successful working with the minimum consumption of gas or fuel.



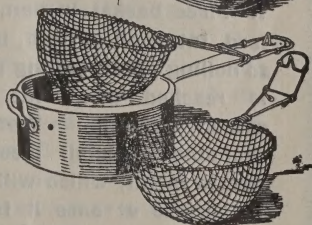
The Bowl

fits neatly into the pan and cannot move when in use. It is shaped like an inverted pudding basin, thus allowing even distribution of heat. Easily detached for cleaning purposes.



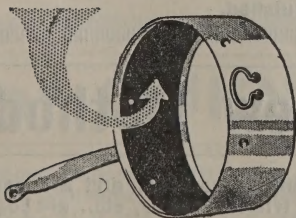
The Basket

is very easily fitted to handle of pan, and in conjunction with the Quickway Slice enables food to be served quickly and properly drained.



The Secret

The "QUICKFRI" is the only pan made with asbestos and steel lining. The asbestos is fitted between the inner lining of steel and the outer casing of aluminium, thus performing the dual function of conserving the heat and protecting the aluminium from melting.

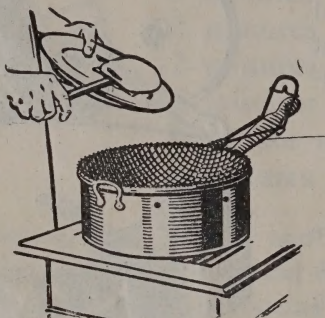


BEWARE OF IMITATIONS

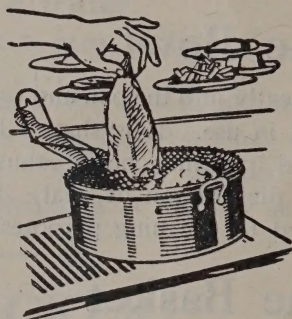
LOOK FOR THE REGISTERED BAND.

How to use the A Four Course Lunch

Fish Chops Cheese



1. Place basket in pan, put lard, fat or oil in bowl, bring to boiling point: boiling point is reached when fat has ceased bubbling. Test by dropping a small piece of potato in fat, which will rise to surface at once if fat is boiling.



2. Place food in boiling fat. The fish, chops, potatoes, apple fritters, and cheese croquettes, may all be cooked at the same time in the same pan. No flavour from one item of food will pass into the other. It is advisable to place food in the fat gradually in order not to cause a drop in the temperature. (See table for exact time required for cooking). Flame may then be lowered or extinguished.

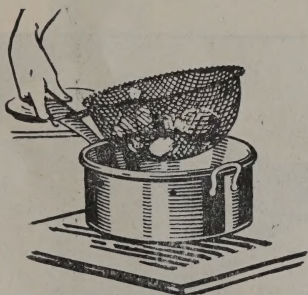
The Marvellous New Method

By using the "QUICKFRI" successful cooking is assured, and all trouble eliminated. Fish, potatoes, chops, steaks, fritters, cakes, etc., are cooked perfectly in a few minutes, retaining their full flavour and presenting a most appetising appearance. Joints, fowls, etc., are far more tender than if cooked in the ordinary way, and retain all their goodness

QUICKFRI Pan.

cooked in 3 Minutes !

Potatoes
Apple Fritters
Croquettes



3. When cooking is finished, raise basket, which can be easily clipped to handle of pan, the food will then drain and in a few seconds is ready to serve.



4. Serve with Quickway Slice. It will be found that the flavour of one food has not passed into any of the others, and there has been no smell of cooking. Do not throw away fat or oil. It remains pure and fresh for many months.

of QUICKWAY cooking.

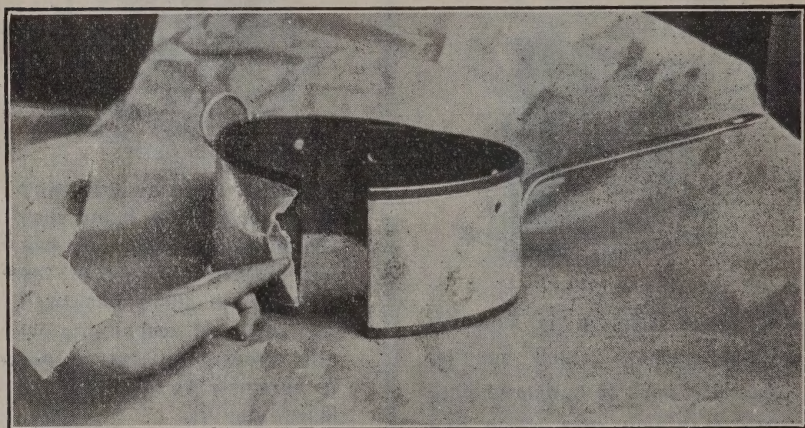
without basting or attention. The "QUICKFRI" is the chef's secret, and is indispensable in every home.

NOTE.—It is important that the fat should be sufficiently hot before cooking. It should be hot enough to make a piece of bread turn brown the moment it is immersed. The drier the exterior of the food to be cooked, the better the colour.

PRICE LIST

and Capacities of each Pan.

No. 2 for general purposes. Will cook a chicken of from $1\frac{1}{2}$ to 3 lbs., or small joints. $8\frac{1}{2}$ in. in diameter, complete with lid and basket.



Shewing the Steel and Asbestos Lin...g.

No. 3 is suitable for a family of 2 or 3. Will cook a joint weighing about 5-6 lbs., or a large chicken, or a turkey. $10\frac{1}{2}$ in. diameter, complete with lid and basket.

No. 4. Ideal for boarding houses, small restaurants, or large families. $12\frac{1}{2}$ in. diameter, extra deep, complete with lid and basket.



AWARDS.

Medal.

Universal Food and Cookery Exhibition, London, 1923.

Medal.

Royal Sanitary Institute, Liverpool, July, 1924.

Silver Medal.

Altrincham Agricultural Show, 1923.

Gold Medal.

Grocers' Exhibition, Portsmouth, 1924.

Medal.

Northampton Exhibition, May, 1924.

Gold Medal.

Health Exhibition, Leicester, 1926.

GENERAL NOTES

1.—The pan should never be more than $\frac{3}{4}$ full of fat. The larger the article to be cooked, less fat should be put on boil.

2.—Do not place the lid on the pan when cooking with fat or oil.

You can tell if fat is boiling by putting in a chip potato; if it rises to the top at once, fat is boiling, or a piece of bread will brown immediately.

3.—Another test. Fat is boiling when a faint blue smoke arises from the fat.

4.—Consult recipes before commencing cooking, to see what heat is required.

5.—When the cooking is finished, strain the fat through a gravy strainer, wipe out the pan to collect the crumbs, etc., and return fat to the pan. Place the lid on to keep the dust out. The pan is ready for use when wanted.

6.—The fat must be brought to boiling point again before placing each article in pan.

7.—For boiling and stewing, the lid must be kept on the pan and the gas lowered during the whole of the cooking.

8.—Do not put too much at once in the fat. Too great a reduction in temperature will result and the food naturally will not cook so quickly.

AS A GENERAL RULE.

Fish, potatoes, etc., high temperature.

Meat, game, high temperature, and after turning heat reduced at once, and in case of chop, steaks, etc., or small meat dishes, turn gas right out after first minute.

Pastry, under boiling point, to allow pastry to puff, and bring to boil.

SPECIMEN MENU.

BREAKFAST.

SMOKED HADDOCK.

FRIED SAUSAGE

POACHED EGGS IN FAT

SPECIMEN MENU.

LUNCHEON.

FISH CAKES

CURRIED MEAT

LITTLE STEAKS

POTATO STRAWS

FRENCH BEANS

JAM TARTS

CHEESE STRAWS

SPECIMEN MENU.

DINNER.

CLEAR SOUP

WHITEBAIT

BROWN BREAD AND BUTTER

ROAST FILLET OF BEEF

SAUTE POTATOES

GREEN PEAS

ROAST CHICKEN

CHIP POTATOES

APPLE FRITTERS

CHEESE MERINGUES

COOK'S

THE ENGLISH HOUSE FOR CHOICE FOOD PRODUCTS

SPECIMEN MENU.

SUPPER.

OXTAIL SOUP

CHICKEN CUTLETS

SAUTE POTATOES

MARROW

LAMB CUTLETS

QUICKWAY PUDDING

CHEESE FRITTERS

COOK'S

THE ENGLISH HOUSE FOR
CHOICE FOOD PRODUCTS

Every recipe contained in this Book where eggs
are used is improved by using

COOK'S FARM EGGS

and every recipe for Puddings
by using

COOK'S BEEF SUET

FREE FROM ALL PRESERVATIVES

Any reader failing to secure supplies from her local grocer,
kindly apply direct to

DONALD COOK & SON, LIMITED,

19/20 West Smithfield,

Telephone : City 9978

London, E.C.1

RECIPES.

SOUPS.

CLEAR SOUP.

1-QUART CLEAR STOCK.	SMALL PIECE OF CELERY.
1 CARROT.	1 LEEK.
1 TURNIP.	1 ONION.
1-OZ. BUTTER.	SALT.

Shred the vegetables. Melt the butter in the "Quickfri" and cook the vegetables till they slightly brown. Boil the stock and season, add the vegetables and cook till tender. Remove scum as it rises. Add shredded lettuce, boil a few minutes, serve.

THICK SOUP.

1-LB. TOMATOES.	1 ONION.
SMALL CARROT.	2 CLOVES.
SMALL TURNIP.	1-QUART WATER.
1-OZ. BUTTER.	1 TEASPOONFUL OF BOVRIL.
1-OZ. FLOUR.	PEPPER AND SALT.
1 SLICE BACON.	

Fry the vegetables (cut in small pieces) in the butter in "Quickfri" for a few minutes, add cut-up tomatoes, ham, seasoning, flour and Bovril. Boil fast in one quart of water for five minutes. Reduce gas and simmer one hour. Rub through a sieve, add a few drops of cochineal, boil up. Serve with fried croûtons of bread.

TO MAKE THE CROÛTONS.

Cut stale bread into slices, then into dice. Fry in boiling fat in "Quickfri," till a golden brown.

Time: about 1 minute.

PEA SOUP.

- | | |
|--------------------|-----------------------------|
| 1 PINT SPLIT PEAS. | 3 TEASP'NFUL OF DRIED MINT. |
| 1 CARROT. | 1 QUART OF STOCK. |
| 1 TURNIP. | PEPPER AND SALT. |
| 1 ONION. | 1 TABLESP'NFUL PEA POWDER. |

Soak the peas for 24 hours. Put into the stock and bring to the boil, add the chopped vegetables and simmer for 2 to 3 hours. Rub through a wire sieve, thicken with the pea flour and boil up again. Season. Serve with dried mint and fried croûtons of bread.

OX TAIL SOUP.

- | | |
|--------------------------|-----------|
| 3 QUARTS OF WATER. | 1 TURNIP. |
| 1 LARGE OX TAIL. | CELERY. |
| TEASPOONFUL PEPPERCORNS. | 1 CARROT. |
| 1 BUNCH HERBS. | SALT. |
| 1-OZ. BUTTER. | 3 ONIONS. |
| 1-OZ. FLOUR. | |

Cut the ox tail into joints, fry in butter in "Quickfri" till brown, add the water and cut up vegetables, and boil for three hours. Fry the flour till brown, add to soup and strain. If liked, a few pieces of meat can be served in the soup.

MUTTON BROTH.

- | | |
|-------------------------------|----------------|
| 1½-LBS. SCRAG MUTTON. | 1 QUART WATER. |
| 1 SMALL TURNIP. | 3 ONIONS. |
| 1-oz. of PEARL BARLEY or RICE | SEASONING. |

Soak the barley and wash it, cut up mutton, put into the "Quickfri" with water, and vegetables cut into dice. Cook slowly 1½ hours. Skim occasionally, then add barley or rice, cook 20 minutes longer and serve.

FISH.

HINTS ON FRYING FISH.

To fry fish well it must be properly prepared. Wash, dry, fillet or cut into pieces. Flour slightly, coat with batter, or egg and breadcrumb. Always cook the fish in deep fat in "Quickfri," an ideal utensil for deep frying, as the fat does not splash. The basket supplied with the pan also acts as a drainer. When removing it from the fat, slide it down the handle of the pan; there is no waste of fat, as it drips back again into the "Quickfri." Do not put too many pieces in at a time.

HINTS ON COOKING FISH.

The fish must be coated with something so as not to harden the outer cells. Before proceeding to do this, wash, and well dry the fish with a cloth. It can be either egg and crumbed, covered with batter, or else plainly floured. The latter of course is the most economical way. Keep the pan on the gas whilst cooking, just lower the gas after the fish is put in. Be very sure that the fat is boiling, a quantity of smoke coming from the centre of the fat is a sure proof. The fish should be drained in the basket attached to handle of "Quickfri."

TO EGG AND BREADCRUMB FISH.

Dry slightly with flour. Beat up the egg with seasoning on a plate, place breadcrumbs on a large sheet of paper. Brush the fish all over with beaten egg, cover with the breadcrumbs. Place fish on a sieve to dry the crumbs before frying. The breadcrumbs should be made some time before. Take some stale bread and rub through a wire sieve. Dry on paper on the plate-rack.

BATTER FOR FRYING FISH.

Time: 3—4 minutes.

1 EGG.

SALT.

4-OZS. FLOUR.

MILK TO MIX.

Beat the egg, add to flour and beat well, gradually adding milk to make batter to proper consistency. It should thinly coat the spoon. Let it stand at least one hour. Dip the fish in batter, drain a little, put in smoking-hot fat in "Quickfri"; after one minute lower the gas, cook till golden brown. Drain in basket on handle. Do not cook batter in basket.

BROILED FISH CUTLETS.

Time: 5—10 minutes.

Slices of cod, hake, salmon, etc., should be wrapped in buttered paper, placed in "Quickfri" which has been well buttered round sides and bottom, then two tablespoonsful of milk added with salt and a little pepper. Place the lid on the pan and cook gently over very slow gas. Dish the cutlets in a circle on a hot dish. Pour over egg sauce and decorate with parsley and cut lemon.

FRIED SMELTS.

Time: 3—4 minutes.

Smelts should be wiped with a damped cloth, then dried with a little flour. Egg and breadcrumb as directed and cook in "Quickfri" in boiling fat. Serve with anchovy sauce.

FISH CAKES.

Time: 2—3 minutes.

REMAINS OF COLD FISH.	COLD SAUCE.
MASHED POTATOES.	ANCHOVY SAUCE.
SEASONING.	

Mix well, form into flat cakes, balls or corks, egg and breadcrumb as directed. Fry in boiling fat till a golden colour.

FISH FRITTERS.

Time: 8—10 minutes.

8-OZS. SELF-RAISING FLOUR.
2-OZS. VEGETABLE BUTTER.
2 TABLESPOONSFUL SMOKED HADDOCK (SHREDDED & POUNDED).
2 EGGS.
 $\frac{1}{2}$ TEASPOONFUL CHOPPED PARSLEY.
SEASONING.

Rub butter in flour, mix all ingredients, and bind with the beaten eggs. Shape into balls the size of a walnut, and cook in vegetable fat in "Quickfri." Place the fritters in boiling fat and then remove the pan from the gas to allow the fritters to swell before they brown. Serve hot with mashed potatoes and Anchovy sauce.

FISH FLAKES.

Time: 1 minute.

The remains of cold boiled haddock, plaice, cod or hake. Remove the flesh in flakes, dust with flour, dip into a thin batter. Cook in boiling vegetable fat in "Quickfri" for one minute. Serve with chip potatoes.

FISH OMELET.

Time: 5—6 minutes.

Beat the white of the egg till it is a stiff froth. Lightly beat the yolk and pour it on to the whipped white. Melt $\frac{1}{2}$ -oz. of vegetable butter in the "Model" pan. Pour in the mixture. When set and browned at the bottom put a little cooked fish in the centre and fold the omelet in half. Dust with cayenne and serve hot.

FISH CASTLES.

Take some large potatoes and cut in half, scrape out the centre of these so as to make a cavity to take the fish. Cook in boiling fat in "Quickfri" till nicely browned, roll the outside in chopped parsley, then fill high in the cavity with some cooked fish. Serve with white sauce. (The potatoes should be made to stand up).

FRIED WHITING.

2 OR 3 FISH.

BOILING FAT.

1 EGG.

FLOUR.

BREADCRUMBS.

Wash, skin and dry with flour as many fish as are required. Put their tails in their mouths. Brush with beaten egg, cover with crumbs. Cook in "Quickfri" in boiling fat. After one minute lower gas. Serve with piquant sauce.

WHITEBAIT.

Leave the fish in cold water before frying. When ready toss them in a floured-cloth, shake off any loose flour before putting them in the frying basket. Place them in boiling fat in "Quickfri" for one minute. Remove the basket from the fat. Bring fat to boiling point again and plunge in the basket till the fish are crisp and quite separate. Serve with brown bread and butter and sliced lemon.

BOILED COD.

Trim and wash the fish, place it in warm water to cover, add one tablespoonful of salt and one of vinegar. Bring slowly to boil in "Quickfri," then simmer gently. Allow ten minutes to each pound if a thick fish, seven minutes to each pound if cod steaks, after it comes to the boil. Serve with parsley sauce.

BOILED SALMON.

Wash and clean the salmon, add salt and vinegar as above. Put in boiling water and simmer gently. Allow seven minutes to the pound. Serve on a serviette on a hot dish. Serve with sliced cucumber and mayonnaise sauce.

SHRIMP FRITTERS.

Skin and peel some shrimps. Drop them in a firm batter and cook in boiling fat in "Quickfri" by dessertspoon. Dust with cayenne pepper.

FISH CROUTES.

Time to cook: 10 minutes.

Cut 6 rings of bread 2-in. thick and about the size of the top of a tumbler in circumference. Fry these rings in "Quickfri" in boiling fat. Cut out a small ring from the centre of the bread and fill up high with any cooked fish, add a little parsley and butter and serve hot. (The small ring cut out from the centre can be used for decorating the top of the croutes).

SARDINE SAVOURIES.

Stamp out some rounds of bread about 1-in. in thickness. Cook till crisp in boiling fat in "Quickfri." Bone the sardines and pound them with a little butter. Spread over the bread, dust with cayenne and serve cold.

FRIED PLAICE.

Time: 2—3 minutes.

Skin and fillet the fish. Dust with flour and egg and breadcrumb as directed. Cook in boiling fat in "Quickfri" till a golden brown.

PLAICE IN BATTER.

Time: 2—3 minutes.

Skin and dry the fish, flour and season. Dip in frying batter and cook in boiling fat in "Quickfri" till a golden brown (not in basket).

FRIED SOLE.

Time: 4—5 minutes.

Wash and skin the fish. Dust with flour and season. Dip in egg and breadcrumb as directed. Cook whole in boiling fat in "Quickfri" till firm and browned. Not in the basket. Remove with the slice and serve with cut lemon.

SALMON CUTLET.

Time: 4—5 minutes.

Dust the cutlet with flour and season, egg and breadcrumb as directed. Cook in boiling fat in "Quickfri" till a pale brown. Serve with any fish sauce.

FRIED FILLETS OF MACKEREL.

Time: 3—4 minutes.

Split the fish in two and remove the bone. Season, dust with flour, egg and breadcrumb—or dip in milk and dust with flour. Cook in boiling fat in "Quickfri" till a golden brown. Serve with caper sauce.

MEAT.

TO ROAST MEAT IN "QUICKFRI."

Place sufficient fat in the pan to not quite cover the meat. Bring to boiling point. Place the joint in carefully. After one minute turn the meat so that both sides are sealed to keep in the juices. Then lower the gas and cook slowly till done. Do *not* put the lid on. Turn once or twice during the cooking. Allow five minutes to each pound for beef; if a thick joint allow ten minutes over. For mutton, ten minutes to one pound and ten minutes over according to thickness of joint. Allow longer for a leg of mutton.

TO BOIL MEAT IN "QUICKFRI."

Salt meat is put into warm water; fresh meat into boiling water. Boil for about seven minutes to seal the juices, then simmer till done. Skim occasionally. Allow 15 minutes to one pound and 10 minutes over according to thickness of joint. Cook with lid on pan. Pork.—Allow 20 minutes to one pound for pork and 20 minutes over. Longer for a leg.

HINTS ON ROASTING IN "QUICKFRI."

BEEF.

Rub a little flour well over the joint, place the joint in when the fat is boiling, turn after one minute, so that the cells are immediately sealed and the juices kept in. The gas should be lowered immediately the meat is in the pan, and then it should be cooked slowly until done. The last 5 minutes, turn out gas and place lid on pan until ready to dish up. Start to take the time after you have turned the meat and sealed the surface on all sides. We advise cooking beef underdone the 1st day and reheating the remainder in boiling fat for two or three minutes instead of stewing or hashing up the joint. There is more goodness in the meat cooked in this way. Allow 5 minutes for each 1 lb. and 10 minutes over, longer if liked well cooked.

YORKSHIRE PUDDING.

Whilst dishing up the meat a Yorkshire Pudding can be cooked in the same fat the joint was cooked in. Grease an enamel pie dish, half fill with batter (see recipe for Pancakes), place dish in frying basket and lower into the fat. When the batter has sufficiently risen, brown the top by basting with a few spoonsful of fat.

MUTTON.

Proceed the same as for beef, only be sure it is cooked enough. A leg of mutton requires longer cooking as the heat has to penetrate through, it must cook slowly so as not to harden the outside. Place the lid on the pan and turn out gas 10 minutes before dishing up. Start taking the time after the meat has been turned once in the fat. Allow 10 minutes each lb. and 10 minutes over, for a leg allow a little longer each lb.

VEAL AND PORK.

Proceed in the same way as beef and mutton, but keep the crackling of the pork uppermost as much as possible, browning it the last few minutes. Force meat balls can be cooked at the same time as the meat, for both pork and veal. Allow 15 minutes per lb. and 15 minutes over if thick joint.

FORCEMEAT.

Make a forcemeat of 2 tablespoonsful of white crumbs, $\frac{1}{2}$ oz. finely chopped suet, 1 teaspoonful of finely chopped sage, 1 small cooked onion, season, bind with a little egg, roll in flour and cook in boiling fat till brown.

FORCEMEAT BALLS.

2 TABLESPOONSFUL OF WHITE BREADCRUMBS.

$\frac{1}{2}$ TEASPOONFUL OF MIXED HERBS.

$\frac{1}{2}$ TABLESPOONFUL OF CHOPPED SUET.

A STRIP OF FINELY CHOPPED LEMON PEEL.

Mix together, season and bind with part of the beaten egg. Flour the hands, form into balls and roll in flour. Cook till browned.

GRAVY.

To obtain gravy for joints cooked in "Quickfrie." Pour off the fat and keep back the sediment. Boil this up, add pepper and salt, and slightly thicken with flour.

STEWING AND BRAISING MEAT

Keep the lid on the pan when stewing or braising meat in "Quickfrie." (Pour off the fat into a basin until wanted again) The gas must be turned very low as soon as the meat begins to simmer. The last 10 minutes it can be turned right out.

ENTREES.

MUTTON CUTLETS.

Time: 3—4 minutes.

One pound best end neck mutton, shape, and trim into cutlets, dust with flour, and egg and breadcrumb as directed. Make the fat in "Quickfri" quite boiling, shake off any loose crumbs before putting them in fat. Cook till a nice brown in basket. Remove and drain on handle. Serve on mashed potatoes, decorate with green peas, and serve tomato sauce in a boat.

LAMB CUTLETS.

Time: 2—4 minutes.

Rub some flour well into small cutlets cut from best end of neck or loin, put them in boiling fat in "Quickfri." After one minute turn off gas, they will cook without any further heat. Serve with potato straws.

LITTLE STEAKS.

Time: 2 minutes.

Cut some nice round pieces from a fillet of beef, dust with flour and a little salt. Put in boiling fat in "Quickfri," and at once turn out gas; they will be cooked sufficiently after two minutes. Serve on toast cut the size of steaks. Serve on a hot dish and decorate with potato ribbon.

BEEF OLIVES.

Time to cook: 45 minutes.

1-LB. FILLET OF BEEF.	TEASPOONFUL GRATED
1-OZ. WHITE CRUMBS.	LEMON RIND.
1-OZ. CHOPPED SUET.	1 BEATEN EGG.
CHOPPED PARSLEY.	PEPPER AND SALT.
PINCH OF THYME.	1-OZ. BUTTER.
TABLESPOONFUL OF FLOUR.	1-PT. STOCK OR BOVRIL.

Cut the beef into long thin strips about 3 to 4 inches, and about $2\frac{1}{2}$ inches wide. Beat out the meat till flat. Mix all dry ingredients together in a basin and bind with the egg. Spread a portion of forcemeat on each strip of beef, roll up tightly and tie each piece with cotton. Make the butter hot in "Quickfri," and fry the beef olives a nice brown. Pour the stock over and simmer for about $\frac{3}{4}$ hour. Thicken with flour, add a little sauce, season and serve. Dish on a long roll of mashed potatoes nicely forked at the sides. Serve gravy in a sauce-boat.

CHICKEN CUTLETS.

$\frac{1}{2}$ -LB. HAM (COOKED).	$1\frac{1}{2}$ -OZS. BUTTER.
COLD CHICKEN.	1-GILL STOCK.
FLOUR.	CHOPPED PARSLEY.
SEASONING.	1 EGG (BEATEN WELL).

Mince the meat finely, cook the flour in the stock till it thickens. Mix all ingredients and bind with a part of the beaten egg. When cold, shape like cutlets, egg and breadcrumb. Cook in "Quickfri" in boiling fat till browned. Stick an inch of macaroni in the end to represent a bone and place a small cutlet frill on the end.

RUMP STEAK.

Time: 3—4 minutes.

Soak a thick piece of rump steak in equal proportions of oil and vinegar. Leave for one hour. Wipe off and cook in boiling fat in "Quickfri." Turn out the gas when the steak is put in the fat—it will finish cooking in its own heat.

CURRIED MEAT.

Time: 30—40 minutes.

COLD MEAT.	$\frac{1}{2}$ -PT. WATER, OR STOCK IF
1 TABLESPOONFUL FLOUR.	AVAILABLE.
1 TABLESPOONFUL CURRY	2 ONIONS.
POWDER.	1 APPLE.
PEPPER AND SALT.	1 TEASPOONFUL OF CHUTNEY.
1 HARD-BOILED EGG.	2-OZS. DRIPPING.

Make fat hot in "Quickfri" and cook the onion slightly, add the flour, curry powder, apple and seasoning. Pour in stock gradually, and cook slowly, with the lid on, for about 25 minutes. Cut the meat into neat pieces and put in with other ingredients. Simmer till meat is tender. Dish in centre of a deep dish, serve a border of rice round it. Cut the egg into four pieces lengthways and stick in the border of rice. Place a few sprigs of parsley each end of the rice.

BOILED RABBIT.

Time: According to size and age. 45 minutes—1 hour.

Clean and truss rabbit as small as possible. Put it into warm water and bring to the boil in "Quickfri." Put in a sliced onion and a few peppercorns. Cook slowly, add a few slices of pickled pork. Dish on a hot dish and cover with onion sauce.

VEGETABLES.

TO BAKE POTATOES IN "QUICKFRI."

Time: 10—15 minutes.

Peel potatoes of an even size. Place in boiling fat in "Quickfri" basket. Lower the gas and cook slowly. Time: 10 to 15 minutes. Sprinkle with salt to serve, and drain on handle.

POTATO CHIPS.

Wash and peel some large potatoes. Cut into slices lengthways and then into strips as thickly as required. Soak in cold water for a little while. Dry in a cloth and plunge into boiling fat. Use the frying basket to cook them. When they are beginning to colour remove the basket, bring to boiling point the fat in "Quickfri," and cook again till crisp. (If cooked twice they remain crisp). Drain in basket on handle.

POTATO STRAWS.

Cut potatoes into straws and cook as above in "Quickfri."

POTATO RIBBONS.

Cut potatoes into slices across ways very thinly. Soak in water 15 minutes, then peel round and round the slices. Tie into knots and cook as above in "Quickfri."

POTATO CRESCENTS.

Peel large potatoes, cut in slices across and soak in water 15 minutes. Take a small, round, plain pastry cutter, and using only half the cutter, dig out crescents. Cook as above. These are for decoration purposes.

POTATO CROQUETTES.

Time to fry: 1 minute.

Mash some cooked potatoes, season, bind them with a little milk and beaten egg. Form into balls, roll them in flour and egg and breadcrumb as directed, in "Quickfri."

SAUTE POTATOES.

Time: 5—7 minutes.

Peel and slice some new potatoes in rather thick slices. Put in boiling fat in "Quickfri" and cook till soft and slightly browned. Serve with finely-chopped parsley sprinkled over.

STUFFED POTATOES.

Peel some large potatoes, scoop out a hollow with an apple-core and fry the blocks in deep fat in "Quickfri" till brown. Drain, fill up with sausage-meat and place a slice of tomato on top. Serve on a round of bread fried in "Quickfri." Make a hole in centre to stand the potato in.

SEAKALE FRITTERS.

Time: 3—5 minutes.

Cut some heads of cooked seakale into even sized pieces. Dust with flour, dip in batter, and cook in "Quickfri" in boiling fat till browned. Sprinkle with salt.

FRIED CARROTS.

Time: 8—10 minutes.

Parboil some small carrots, dry, flour lightly, egg and breadcrumb as directed for fish, and fry a golden brown in "Quickfri" in boiling fat.

BAKED POTATOES.

Time: 10—12 minutes.

Peel and cut in half some potatoes of an even size. Dry them well in a cloth, place in boiling fat in "Quickfri," and cook slowly till browned and the centre soft.

GREEN PEAS.

Time: 15—20 minutes.

Place in boiling water with two lumps of sugar, a sprig of mint, and salt. Boil till tender in "Quickfri," drain, add a little butter, and serve in hot dish.

VEGETABLE MARROW.

Time: 10—20 minutes.

Peel thinly, cut into lengths, remove seeds and cook in boiling water and salt till tender in "Quickfri." Serve with white sauce.

FRENCH BEANS.

Time: 20 minutes.

String the beans, cut lengthways into thin strips. Put into boiling water with salt. Boil till tender in "Quickfri." Serve with a little hot butter over them.

CAULIFLOWER.

Leave the cauliflower in salt and water for an hour before cooking. Peel off the green leaves and cut off stalk not required. Place in boiling water in "Quickfri," head downwards with the lid off. Cook till tender and serve with white sauce poured over. *Time:* according to freshness of cauliflower.

PARSNIPS IN BATTER.

Cook the parsnips first, when cold cut into even pieces, dip in batter and cook in boiling fat in "Quickfri" till a golden brown.

POTATOES COOKED IN THEIR SKIN.

Well wash and dry medium sized potatoes, place in hot fat in "Quickfri" and cook till soft. Test with a skewer to see whether soft. They should take from 15 minutes, according to size.

POTATO CRISPS.

Slice potatoes very thinly, wash in cold water, drain on a cloth, and cook in hot fat till they begin to curl. Remove from fat, bring the fat to boiling point and plunge the potatoes in, shaking the basket so they shall not stick.

POULTRY AND GAME.

HINTS ON COOKING.

These should be well dried and dusted with flour before being cooked in "Quickfri." Lower the gas as soon as they are placed in boiling fat and then cook slowly. Take the time after the birds have been turned once.

In the case of rabbit, the head should be cut off. The remainder soaked for half an hour and then trussed like a joint of meat.

Birds cooked this way are cooked to perfection, as when cooked in the oven there is always a risk of the breast getting dry before the legs are done, but in "Quickfri" the breast remains out of the fat the greater part of the time and is kept soft by the steam, etc., inside the bird.

ROAST FOWL.

Time: 20—25 minutes.

Truss the fowl as short as possible to cook in the "Quickfri." Rub it well with flour, shake off all superfluous flour. Put into boiling fat, breast downwards. Reverse the fowl after one minute so that it gets well browned, turn once or twice during the cooking. Lower the gas after five minutes and turn it quite out for the last ten minutes. To test if done, insert a fork between the thigh and the body. If it parts easily it is cooked. Serve with rolls of bacon cooked on a skewer in the "Quickfri." Cook with lid off.

ROAST CHICKEN.

Time: 4—5 minutes.

Rub some flour into the skin of small asparagus chicken, drop them into boiling fat in "Quickfri," lower the gas and cook till tender. Serve on slice of toast and rashers of bacon.

ROAST PIGEON.

Cook as for roast fowl. 12 to 15 minutes in "Quickfri."

ROAST RABBIT.

Time, 10 to 15 minutes. Soak a young rabbit in cold water for half an hour, cut off neck and head and tie the legs together, and tie into a round shape, well dry in a cloth and dust with flour; cook in boiling fat in "Quickfri" for 10 to 15 minutes according to size and age of the rabbit, pour over thick brown gravy or onion sauce.

ROAST PHEASANT.

Time: 15—20 minutes.

Truss like a fowl, rub with flour and cook in "Quickfri" in boiling fat, for one minute, then lower the gas. Turn once or twice during cooking. This bird requires a lot of basting, so is perfectly cooked in deep fat. Partridge, Guinea fowl and grouse may be cooked in same way. Serve with bread sauce.

BOILED FOWL—ROASTED.

Time: according to age.

Boil an old fowl from 1½ to 2 hours in "Quickfri." Let it get cold. Well dry and flour it. Cook in boiling fat in "Quickfri" till brown and tender. (Release any liquid from inside fowl before putting it into fat.)

BOILED FOWL.

Time: 20—30 minutes.

Truss the bird with the legs pushed well inside, rub the breast with lemon juice, wrap in a muslin cloth and simmer gently. Place into hot water first, bring to boil and then lower the gas. Skim when required. Serve with white sauce poured over, and boiled bacon or ham.

ROAST TURKEY.

Time: according to size.

A small turkey can be cooked in "Quickfri" in the same way as roast fowl. Stuff the breast with sausage-meat and well dry the inside before putting the bird into the fat.

PUDDINGS AND PASTRY.

HOW TO MAKE PASTRY.

8-OZS. OF PLAIN FLOUR. 4-OZS. GOOD MARGARINE.
1 TEASPOONFUL LEMON JUICE AND A PINCH OF SALT.

Rub the fat into the flour, make a hole in centre, squeeze in the lemon and mix to a firm paste with cold water. This pastry can be kept, rolled in grease-proof paper, for a few days, and can be used when required. It is so quickly cooked that it is better to cook only the amount required each time. Cook in "Quickfri" in fat just boiling, remove pan from fire to allow pastry to rise; then return to fire to finish browning. Tarts, turnovers, puffs, mince pies, etc., take only about 5 minutes, according to thickness of paste.

APPLE FRITTERS.

Time to cook: 3—5 minutes.

Peel, core and slice the apples across—not too thinly or they will break. Dip into frying batter (as for Pancakes), take them out one at a time with a fork and drop into boiling fat in "Quickfri." Turn the gas almost out, they are cooked when they are a pale golden colour. Drain in the frying basket on the handle of pan. Stand them up on a dish and dredge with castor sugar. Serve with slice of lemon. Cook banana fritters the same way.

SUET DUMPLINGS.

Time: 4—5 minutes.

4-OZS. FLOUR. 2-OZS. CHOPPED SUET.
1 TEASPOONFUL BAKING POWDER. COLD MILK

Mix to a stiff paste with the milk. Roll out thinly and cut into rounds with a pastry cutter. With a cutter two sizes smaller cut out the centre, thus forming a ring. Place in "Quickfri" in boiling fat. When you have sufficient in the pan reduce the gas and cook slowly. They should cook slowly so as to swell before they brown. Serve with hot syrup or jam.

DOUGH NUTS.

Time: 4—5 minutes.

- | | |
|----------------------------------|---------------------------|
| 1 EGG. | $\frac{1}{2}$ -LB. FLOUR. |
| 1 TEASPOONFUL CARBONATE OF SODA. | 1 TEASPOONFUL SUGAR. |
| 2 TEASPOONFUL CREAM OF TARTAR. | 1-OZ. BUTTER. |

Rub butter in flour, add other ingredients and make into a light dough with the milk. Divide into equal sized balls, drop into boiling fat in "Quickfri," draw pan to one side and cook slowly. Roll in castor sugar.

PUFFED CAKES.

- | | |
|---------------------------|----------------------------------|
| $\frac{1}{2}$ -LB. SUGAR. | 1 TABLESPOONFUL OF MILK. |
| 1-OZ. BUTTER. | 1 TEASPOONFUL CARBONATE OF SODA. |
| FLOUR TO BIND. | SALT. |
| 2 EGGS. | |

Mix eggs, butter, sugar and soda in a basin, add enough flour to bind into a stiff paste. Roll out and cut into little cakes. Cook in boiling fat in "Quickfri" till golden brown.

JAM TARTLETS.

- | | |
|--|---------------------|
| $\frac{1}{2}$ -LB. SELF-RAISING FLOUR. | THE YOLK OF AN EGG. |
| 3-OZS. LARD OR MARGARINE. | WATER TO MIX. |

Rub fat in flour and mix to a paste with egg and water. Roll out and stamp in rounds with a cutter, and with a smaller cutter stamp a ring not quite through the centre. Cook in boiling fat in "Quickfri." Reduce the heat, and when brown remove the centre and any soft paste, fill up with jam.

BEIGNETS.

- | | |
|-------------------------------------|---------------------------|
| 2 $\frac{1}{2}$ -OZS. FLOUR. | $\frac{1}{4}$ -PT. WATER. |
| 1-OZ. BUTTER. | 1 WHOLE EGG AND 1 YOLK. |
| 1 $\frac{1}{2}$ -OZS. CASTOR SUGAR. | |

Boil water, butter and sugar. Draw to one side and mix in the flour smoothly. Cook till it rolls up in a ball. When cool beat in eggs. Bring fat to the boil in "Quickfri" and drop in with a teaspoon. Reduce heat and cook slowly. Dust with sugar and serve with jam. They should be brown and puffed up when cooked.

STEAMED YORKSHIRE PUDDING.

$\frac{1}{2}$ -LB. FLOUR. 1-OZ. BUTTER.
2 EGGS. MILK TO MIX.

Put $\frac{1}{2}$ pound self-raising flour in a basin, rub in the butter. Make a well in centre and break in the eggs. Beat well, adding the milk gradually to the eggs until all the flour is mixed. Beat for 15 minutes. The mixture should coat the spoon. Well grease a pudding-basin with butter, pour in the batter, which should fill the basin, cover with greased paper and steam $1\frac{1}{2}$ hours in "Quickfri." The water should come only half-way up the basin. Serve with jam, or butter and sugar.

RASPBERRY BUNS.

Time to cook: 8 minutes.

8-OZS. FLOUR. 2-OZS. SUGAR.
2-OZS. BUTTER. 1 TEASPOONFUL BAKING
1 EGG, WELL BEATEN POWDER.

Rub butter into flour, add sugar and baking powder, mix to soft dough with beaten egg, add milk if required. Divide out into equal sized pieces. Flatten with the hand. Put a little raspberry jam in centre. Wet edges of paste and bind together. Turn over and flatten again. Make a cut across the top of bun. Place in boiling fat in "Quickfri," reduce heat and cook till golden brown. Sprinkle with sugar.

A "QUICKFRI" PUDDING.

Time to cook: 1 minute.

Cut some stale bread into squares about three inches. Fry in boiling fat in "Quickfri" till crisp. Drain, cover with apricot preserve and sprinkle with chopped nuts, pistachio, or almonds.

THE "QUICKWAY" PUDDING.

Time to cook: 3 minutes.

2 FRENCH ROLLS. 2-OZS. BUTTER. JAM.

Cut bread into rounds $\frac{1}{4}$ -inch thick. Cook to a golden brown in boiling fat in "Quickfri." Pour over hot jam. Sprinkle with chopped and browned almonds.

STEAMED MARMALADE PUDDING.

Time to cook: 2½ hours.

4-OZS. WHITE BREADCRUMBS. 1-OZ. SELF-RAISING FLOUR.
4-OZS. SUET. 4-OZS. BROWN SUGAR.
4-OZS. MARMALADE. 2 EGGS.
MILK IF REQUIRED.

Chop the suet finely. Mix with flour, breadcrumbs, sugar and marmalade. Whip the eggs to a froth and mix with enough milk to form a moist batter. Grease a mould well, pour in the mixture and steam about 2½ hours in "Quickfri." Turn out and serve with custard.

ROLY JAM PUDDING.

½-LB. SELF-RAISING FLOUR.
4-OZS. SUET. WATER TO MIX.
3-OZS. SUGAR. JAM.

Chop suet finely and mix with flour and sugar. Make a well in centre and mix with water to a fairly moist dough. Well flour the pastry board, roll out the paste to a square, spread with jam. Wet all round the edges and roll up. Seal the ends firmly. Flour the cloth and tie the pudding at both ends and in the middle. Cook in boiling water in "Quickfri" for two hours.

BREAKFAST ROLLS.

To cook: 7—10 minutes.

½-LB. FLOUR. MILK TO MIX.
1 OZ. BUTTER. PINCH OF SALT.
1 TEASPOONFUL BAKING POWDER.

Add salt to flour, rub in butter, add the baking powder and mix to a dough with milk. Roll out on to a floured board, cut into equal sized pieces and make into twists. Cook in "Quickfri" in boiling fat. Reduce heat and cook slowly when the rolls are in the fat.

PASTRY RIBBON.

Time to cook: $\frac{1}{2}$ -minute.

$\frac{1}{4}$ -LB. SELF-RAISING FLOUR.

1-OZ. OF LARD.

1-OZ. SUGAR.

Rub lard in flour, add sugar, mix to a smooth paste. Roll out very thinly, cut in strips four inches long and a quarter of an inch in thickness. Tie into knots and cook in "Quickfri" in boiling fat. Serve dusted with sugar on a lace paper.

STEAMED TREACLE PUDDING.

Time to cook: $1\frac{1}{2}$ hours.

Make a suet crust as for apple dumplings. Grease a small pudding basin, line it with paste, put in two tablespoonsful of syrup, then one tablespoonful of breadcrumbs. Put a layer of crust over this, then more syrup and crumbs. Cover with crust, tie with cloth and steam $1\frac{1}{2}$ hours.

BOILED APPLE DUMPLING.

$\frac{1}{2}$ -LB. SELF-RAISING FLOUR. 1-LB. COOKING APPLES.

$\frac{1}{4}$ -LB. SUET.

$\frac{1}{4}$ -LB. BROWN SUGAR.

4 CLOVES.

Make a dough with water, cut the apples into quarters, add sugar and cloves. Roll out to a round on floured board. Put apples in centre, draw up edges of dough. Place in a cloth and tie a round shape. Cook in boiling water in "Quickfri" one and a half to two hours.

JERSEY WONDERS.

1-LB. FLOUR.

3 EGGS.

$\frac{1}{4}$ -LB. BUTTER.

$\frac{1}{4}$ -LB. CASTOR SUGAR.

Rub butter into flour and sugar, beat the eggs well and mix. Knead well and form into balls. Form each ball into an oval. Cut two slits in centre and draw one side over the farthest slit. Cook in boiling fat in "Quickfri" and serve with jam.

JAM CAKES.

Time to fry: 4—5 minutes.

$\frac{1}{4}$ -LB. BUTTER.

$\frac{1}{2}$ -TEACUPFUL OF WATER.

1-LB. FLOUR.

APRICOT JAM.

YOLK OF AN EGG.

Boil butter and water. Cool a little, add flour and mix to a soft paste. Beat in the yolk of egg. Knead on a floured board, cut into rounds quarter inch thick with a plain pastry cutter. Place some apricot jam on one round. Place another on top of the jam. Stick edges well together and put in "Quickfri" in boiling fat till brown. Dust with icing sugar or castor. Serve hot.

APPLE PIE.

Time: from 15 minutes, according to size.

Cut up some good cooking apples, fill the dish well up. Mix with sugar and flavour with lemon peel or cloves. Make a short crust (as per recipe for pastry). Brush the rim of the pie dish with egg, or milk. Roll out the pastry and cover the apples, pressing the edges well. Brush the pastry with beaten egg. Plunge the dish into boiling fat. As soon as the apples boil the pastry rises. If the lid is placed on the pan for two or three minutes it helps to raise the pastry. Throw over a few spoonsful of boiling fat to brown the top.

FRITTER BALLS OR CHERRY CAKES.

8-OZS. SELF-RAISING FLOUR.

2-OZS. BUTTER.

4-OZS. SUGAR.

2 EGGS.

LEMON JUICE OR VANILLA.

Mix to a firm paste, cut into even sized pieces and shape each piece into a ball. Place in "Quickfri" in hot fat, remove pan from gas till the puffs have risen, then finish them on the gas. Roll in sugar and dessicated cocoanut, or decorate the top of cakes with a small piece of cherry and strips of Angelica. (These can be cooked in paper cases).

JAM PUFFS.

8-ozs. Plain flour, 4-ozs. lard, 1 yolk of egg, 1 teaspoonful of lemon juice, water to mix to a paste. Roll out thinly, stamp into rather large rounds, put a little jam in the centre of each. Damp the edges and fold into triangles, press corner well together. Place in boiling fat and reduce the heat, they should swell before browning.

LEMON CHEESE TARTLETS.

Make a paste as above. Stamp into rounds with a fancy cutter, mark a small ring in the centre of each but do not cut through. Cook in boiling fat in "Quickfri," reduce the heat to allow them to rise. When brown and crisp remove the centre and any soft paste. Fill up when cold with lemon curd. Dust with fine sugar.

JAM TART.

Make a short paste as recipe for puffs. Stamp out a round the size of a pudding plate. Make a ring in the centre the size of a teacup, but do not cut right through. Remove the centre when cooked and any soft paste. Fill up with jam (or cheese cream or cooked meat). Cook in boiling fat in "Quickfri" till brown and crisp.

SCONES.

Time to cook: 2—3 minutes.

Place 8-ozs. of flour in a bowl with a heaped teaspoonful of baking powder, and a small teaspoonful of salt. Rub in 3-ozs. margarine or butter and mix to a soft dough with the yolk of an egg and a little milk. Roll out to $\frac{1}{2}$ an inch in thickness, stamp into rounds with a small cutter, and cook in boiling fat in "Quickfri," reduce the heat and cook till crisp.

ORANGE BEIGNETS.

2 TABLESPOONFUL OF FLOUR.

1 SMALL TEASPOONFUL OF CORNFLOUR, SALT.

1-OZ. BUTTER.

THE YOLKS OF 2 EGGS, AND THE WHITE OF 1 EGG.

1 GILL OF WATER.

Boil the water and butter in a saucepan. Draw to one side, add the dry flour and cornflour and beat smoothly. Cook till the mixture leaves the sides of the pan. Cool a little and then beat in the eggs singly. Beat well, and then fold in the beaten white. Drop into boiling fat in "Quickfri," reduce the heat at once and cook to a golden brown. Sprinkle with orange juice and dust with sugar to serve.

SAVOURIES, ETC.

HERRING ROES ON TOAST.

Time: 2 minutes.

Fry bread $\frac{1}{4}$ -inch in thickness, and cut to any fancy shape, in boiling fat in "Quickfri." Put a small piece of soft herring roe on each, dredge slightly with flour, place under grill to brown, and serve hot.

SURPRISE EGGS.

Time to fry: 2 minutes.

2 HARD-BOILED EGGS. $\frac{1}{4}$ -LB. SAUSAGE MEAT.

4 ROUNDS FRIED BREAD. 1 BEATEN EGG.

Boil the eggs for ten minutes, soak in water before removing shells. Roll the shelled eggs in flour. Cover with sausage meat, keeping the eggs a nice shape. Brush the meat with beaten egg and roll in breadcrumbs. Cook in boiling fat in "Quickfri" till brown. Fry the bread in boiling fat, cut the eggs carefully through the middle, and stand them on the fried bread. If they do not stand firmly, cut a small piece out of the bread.

EGG FRITTERS.

Time to fry: 1 minute.

3 HARD-BOILED EGGS. FRYING BATTER.

SOME FAT RASHERS OF BACON.

Slice the eggs in thin rings. Place a small ring of fat bacon on top of each ring, dust with flour and dip in batter. Cook in boiling fat in "Quickfri" till brown.

TO POACH AN EGG IN FAT.

Time to cook: 1 minute.

Make the fat in "Quickfri" just hot, not boiling. Break the egg in a cup and let it slide gently in the middle of the pan. After a minute bring the egg through the fat with a slice. It will be found quite set; if wanted firmer, hold the egg on the slice a little longer. Serve on fried bread cooked in "Quickfri." The egg cooked in this way is quite white.

SCOTCH EGGS.

Poach: 10 minutes.

Grease some small upright tins. Sprinkle the inside and bottom with chopped parsley and very finely-chopped lean ham. Break the eggs and drop one into each tin. Place in boiling water in "Quickfri" till set. The water should only come half way up the tins. Fry some rounds of bread in boiling fat in "Quickfri." Turn out the eggs on the bread. (Pass a knife gently round the eggs before turning out).

CURRIED EGGS.

Time to cook: 15 minutes.

Make a curry sauce by frying a small onion, a teaspoonful of flour and a teaspoonful of curry powder in 1 oz. of butter in "Quickfri." Boil some eggs hard; when shelled, cut each in four quarters. Make them hot in curry sauce. Put the eggs carefully in centre of hot dish, pour sauce over them and arrange a border of cooked rice round the dish.

BACON AND SAUSAGE KROMESKIES.

Place a small quantity of sausage meat in the centre of a rasher of bacon, dust with flour, roll up tightly. Place the rolls on a skewer with a space between each, dip in batter and cook in boiling fat in "Quickfri" till browned.

PORK RISsoles.

Time to cook: 3—4 minutes.

Pass 1-lb. of cooked pork through a mincer with $\frac{1}{2}$ -lb. stale breadcrumbs, $\frac{1}{2}$ teaspoonful of powdered sage and parsley, 1 large boiled potato, pepper and salt. Bind with a little beaten egg. Flour the hands and form into cork shapes, and egg and breadcrumb as directed for fish. Cook till browned in boiling fat in "Quickfri."

ANCHOVY CROUTES.

Cut some stale bread into cutlet shapes and fry in boiling fat in "Quickfri." Spread with anchovy, butter and pile chopped hard boiled egg finely chopped in the centre of each cutlet. Dust with cayenne and serve hot.

A "QUICKWAY" SAVOURY.

Cut some stale bread into rounds. Stamp out a ring the size of a sixpence from each round. Cook both rounds and rings in boiling fat in "Quickfri" till crisp. Place grated cheese round the outer ring, put the small ring back again in centre, and cover the top with finely chopped parsley.

BREAKFAST AND LUNCHEON DISHES.

STEWED STEAK.

Time to cook: 1½ hours.

2-LBS. STEAK.

FLOUR TO THICKEN.

2 ONIONS.

1 CARROT.

1-OZ. DRIPPING.

SEASONING.

SAUCE.

Fry the onion in dripping in "Quickfri," add the sliced carrot and the meat, cut in portions. Season, add a dessertspoonful of Worcester sauce, simmer till tender, thicken and colour the gravy. Boil up again to cook the flour. Dish on a deep dish with the gravy poured over.

STEWED KIDNEYS.

Time to cook: 1 hour.

3 SHEEP'S KIDNEYS.

½-PINT WATER.

1-OZ. BUTTER.

SEASONING.

1-OZ. FLOUR.

1 TEASPOONFUL HERBS.

Skin, halve and fry the kidneys in the butter in "Quickfri" till brown. Stir in the flour and fry. Pour in the water, herbs and seasoning. Stew slowly for an hour. Serve on a hot dish with the gravy.

FRIED SAUSAGES.

Pork sausages should be cooked slowly. Pierce them all over and put them in the "Quickfri" in fat just warm. Bring slowly to the boil, then turn off the gas. They will finish cooking without further heat. Serve on fried bread cooked in "Quickfri."

LIVER AND BACON.

Time to cook: 1 minute.

Take ½-lb. calf's liver and cut in thin slices. Flour and season the slices. Drop into boiling fat in "Quickfri." Turn out the gas, and drop in the bacon. Dish on a hot dish with the bacon round the liver.

KIDNEYS ON TOAST.

Time to cook: 4—5 minutes.

Skin some sheep's kidneys, cut them not quite through the middle lengthways. Drop them in boiling fat. Turn out gas and finish cooking. Fry some squares of bread in the fat and serve one kidney on each square. Sprinkle with chopped parsley.

STEAK AND KIDNEY PUDDING

Time: 2½—3 hours.

Two pounds of steak and kidney cut up in small pieces and floured. Season, place on a round of suet crust. Add a tiny piece of onion. Fold the edges of pastry to the middle. Tie in a floured-cloth and cook in boiling water in "Quickfri" with lid on for 2½ hrs. Turn out on a hot dish.

FRIED CORNISH PASTY.

Mince some cold meat with a small cooked onion, a cooked potato and seasoning. Roll out some plain pastry and cut into rounds about the size of a cheese plate. Place a little mixture in the centre, wet the edges, fold in half and press the edges well together. Fry in "Quickfri" in boiling fat till a golden brown.

IRISH STEW.

Time: 2 hours.

3-LBS. NECK OF MUTTON. 2-LBS. POTATOES.
3 ONIONS. SEASONING.

Cut the mutton into neat pieces. Add the cut-up vegetables and seasoning. Place in "Quickfri" in warm water and bring to boil. Skim when required. About half an hour before dishing up, place a few whole potatoes in the stew.

KIDNEY HOT POT.

Time: 1½ hours.

¾-LB. OX KIDNEY. 1-LB. POTATOES.
2 ONIONS. TEASPOONFUL MIXED HERBS.
2 CARROTS. 1 THIN STRIP LEMON PEEL.
SEASONING.

Cut up kidney in dice and dip each piece in flour and seasoning. Slice the vegetables and place them alternately with the kidney in the "Quickfri." Cover with water and place a layer of sliced potatoes on top. Put on the lid and simmer over very gentle heat till tender. Serve in a deep entree dish, arranging the potatoes on top.

TO COOK SMOKED HADDOCK.

Time: 10 minutes.

Cut off the ears and tail. Place some water to cover the fish in "Quickfri." Simmer five minutes. Pour off water. Put four table-spoonsful of milk over the fish and a small piece of butter. Turn out the gas, put the lid on pan and leave from five to seven minutes. The fish can either be cooked whole or cut up in portions. The latter way is easier to serve.

FRIED COD'S ROE.

Time to fry: 3 minutes.

Take half a pound cod's roe, boil in water till tender. Skin, and when cold cut in rings or slices. Dust with flour, egg and breadcrumb, fry in deep boiling fat in "Quickfri" till golden brown. Serve with caper sauce.

BOILED SHEEP'S TONGUES.

Place in warm water and salt and soak overnight. Cook in hot water in "Quickfri" till tender. Skin them, dish on a deep dish and serve with parsley sauce poured round.

STEWED TRIPE.

Time: $\frac{3}{4}$ -hour.

Half a pound cooked tripe. Cut into strips. Place in "Quickfri" with water to cover. Bring to the boil and add a large sliced onion. When tender drain off a little of the water and thicken with a teaspoonful of flour mixed with milk. Cook slowly for a few minutes. More milk can be added if required. Add seasoning and a small piece of butter.

CHEESE CASTLES.

Take three or four raw potatoes, scrape out the centre with an apple corer. Fry in boiling fat in "Quickfri" till crisp. Cover the outside with finely chopped parsley. Fill up the centre with a cheese mixture made of one tablespoonful of vinegar, two table-spoonsful grated cheese, one teaspoonful made mustard, one table-spoonsful breadcrumbs. Mix well. Stand the potatoes on a slice of raw tomato.

SAUCES.

USE NO. 1 "QUICKFRI" FOR SAUCES.

MELTED BUTTER.

1OZ. BUTTER.

$\frac{1}{2}$ -PINT WATER.

1-OZ. FLOUR.

SEASONING.

Melt the butter, stir in flour smoothly, draw "Quickfri" to one side and mix the water gradually. Boil for five minutes, keep stirring till cooked. Add a little milk if required.

CAPER SAUCE.

Melted butter with a dessertspoonful of capers cut up and added to sauce before serving.

PIQUANT SAUCE.

Make $\frac{1}{2}$ -pint white sauce. Chop up one tablespoonful of capers, add one teaspoonful of white vinegar, season with salt. Serve separately.

PARSLEY SAUCE.

1-OZ. BUTTER.

1 TABLESPOONFUL

1-OZ. FLOUR.

CHOPPED PARSLEY.

SEASONING.

1 PINT WATER.

Melt butter in "Quickfri," mix in flour and beat smoothly. Add the water slowly, stir and cook till thick and smooth. Add parsley and seasoning.

BREAD SAUCE.

$\frac{1}{2}$ -PINT MILK.

2 TABLESPOONSFUL WHITE CRUMBS.

1 SMALL ONION.

SALT.

BUTTER.

Cook the onion for ten minutes in water and strain off. Soak the bread in the milk, add the chopped onion and salt and cook slowly with lid on. Add a small piece of butter before serving

ANCHOVY SAUCE.

$\frac{1}{2}$ -PINT MELTED BUTTER.

1 DESSERTSPOONFUL

2 TABLESPOONSFUL OF MILK.

ANCHOVY SAUCE.

APPLE SAUCE.

Peel, core and slice one pound of apples, put into "Quickfri" with quarter of a pound of sugar, a little water. Boil until soft with the lid on. Beat up with a fork and serve in a sauce-boat.

COLD MEAT AND ECONOMY DISHES.

RISSOLES.

Time to cook: 2—3 minutes.

$\frac{1}{2}$ -LB. COLD MEAT.

1 LARGE COOKED POTATO.

1 SMALL COOKED ONION.

1 BEATEN EGG.

$\frac{1}{2}$ TEASPOONFUL CHOPPED PARSLEY AND SEASONING.

Mince meat, onion, parsley and potato, season and bind with a little beaten egg. Flour the hands, form into balls, brush with egg, roll in breadcrumbs and cook in "Quickfri" in boiling fat till a golden brown.

HOTPOT.

Time: $1\frac{1}{2}$ —2 hours.

Place alternate layers of cooked or raw meat, and potato and onion, in "Quickfri." Sprinkle flour and seasoning over each layer. Cover with water, slowly bring to the boil, place the lid on and cook till tender. Serve in the "Quickfri" basin, standing it on a dish.

MINCE.

Time: 30—40 minutes.

The remains of any cold meat cut into dice, 1 onion, 1 tomato, 1 dessertspoon of flour and seasoning. Fry onion, tomato and flour in a little dripping in "Quickfri," add $\frac{1}{2}$ -pt. stock or water, bring to the boil and season. Place the minced meat in the pan and cook slowly till tender. Serve with fingers of fried bread or toast.

HASHED MEAT.

Slices of cold meat, 1 carrot, 1 onion, seasoning, stock to cover. Slice the vegetables and fry till brown in a little dripping in "Quickfri." Add the meat and stock, bring to the boil slowly and simmer till tender. Thicken with a little flour mixed with cold water, to which has been added 1 tablespoonful of sauce. Boil up to cook the flour. Serve on a dish with a border of mashed potatoes.

MEAT PATTIES.

Pass the remains of any cold meat and 1 small onion through a mincer, and season. Make a paste with 8 ozs. flour, 1 teaspoonful of baking powder, 3 ozs. lard, salt, the yolk of an egg and cold water to mix. Roll out to the thickness of $\frac{1}{4}$ -inch, stamp into rounds, place a small quantity of meat on one round, wet the edges, place another round on top and pinch the edges well together. Place in boiling fat in "Quickfri," reduce the heat after one minute and cook till brown and crisp.

MEAT FRITTERS.

Time to cook: 2—3 minutes.

Make a thin batter with 4 ozs. flour, $\frac{1}{2}$ an egg, and milk to mix to proper consistency. Allow to stand at least one hour. Flour some slices of cooked meat, season. Dip in batter, and cook in boiling fat in "Quickfri" till brown.

CROQUETTES.

Time to cook: 3 minutes

$\frac{1}{2}$ -LB. OF SAUSAGE MEAT. 1 TABLESPOONFUL OF BREADCRUMBS.
1 LARGE COOKED POTATO. 1 EGG AND SEASONING.

Bind the mixture with half the egg. Form into cutlet shapes with a knife, dust with flour, brush with the remainder of the egg, using a little milk if not enough. Roll in crushed vermicelli. Dry on a sieve for an hour. Cook in "Quickfri" in boiling fat till golden brown.

LITTLE POTATO PIES.

Mince half a pound of cold meat very finely with a small cooked onion and season. Cook 1-lb. potatoes, mash smoothly and add 1 tablespoonful of flour. Bind with half a beaten egg and roll out to the thickness of $1\frac{1}{2}$ inches. Stamp into rounds, and in the middle of each round stamp a small ring not quite through the potato. Egg and breadcrumb, fry in "Quickfri" in boiling fat. When browned, remove the centre and fill up with the minced meat. Serve hot.

DEVILLED CHICKEN OR TURKEY LEGS.

Time to fry: 6--8 minutes.

Take the legs of cooked chicken or turkey, chop off any superfluous bone, score the flesh deeply, and press in 1 dessertspoonful of minced chutney and 1 of curry paste. Dip the legs in melted dripping for an hour. Drain and flour, egg and breadcrumb, and cook in "Quickfri" in boiling fat till nicely browned, reduce the heat after 30 seconds.

EGG DISHES.

CREAMED EGGS IN CASES.

3 Stale French rolls cut through the middle. Scoop out the crumbs and fry in "Quickfri" till crisp. Fill up with scrambled egg. Dust over with cayenne and finely chopped parsley. Serve hot.

EGG CUTLETS.

Two hard boiled eggs finely chopped and mixed with 2 table-spoonsful of white crumbs, 1 tablespoonful of grated cheese, $\frac{1}{2}$ teaspoonful chopped parsley, 1 teaspoonful Worcester sauce, 1 raw egg. Mix and bind with beaten egg. Flour the board, shape into cutlets, and egg and breadcrumb as directed for fish. Cook in "Quickfri" in boiling fat till brown. Serve with tomato sauce.

ECONOMICAL SCRAMBLED EGGS.

1 Tablespoonful of milk, 1 dessertspoonful of white crumbs, 1 egg, 1 oz. butter, and salt. Soak the crumbs in the milk a few minutes, beat up the egg and season. Make the butter hot in "Quickfri," pour in the mixture and stir till set. Dish on buttered toast.

DEVILLED ROES.

Some soft roes of fresh herrings, dust with flour, or egg and breadcrumb, and cook till crisp in boiling fat in "Quickfri." Serve on slices of bread fried in "Quickfri," dust with cayenne and sprinkle with salt.

SALMON CUTLETS.

Time: 3 minutes.

A tin of best salmon, flake and mince finely and drain off the moisture, mix with it 2 table-spoonsful of white breadcrumbs, 1 small cooked potato. Season and bind with a beaten egg. Make into cakes, dust with flour. Egg and breadcrumbs, and cook in boiling fat in "Quickfri" till a golden colour.

CHEESE DISHES.

CHEESE FRITTERS.

Cut some pieces of cheese in 1 inch lengths and $\frac{1}{4}$ -inch in thickness. Dust with flour, dip in fritter batter and cook 'n boiling fat till browned. Dust with cayenne and serve hot.

CHEESE FINGERS.

Take the trimmings of any pastry you may be using, roll it out thinly, and cover with grated cheese, and season. Cover with another layer of thin pastry, press well together, cut in lengths and cook in "Quickfri" in boiling fat till crisp. Serve hot.

CHEESE CREAM.

2 ozs. of Cheese grated, $\frac{1}{2}$ saltspoonful of made mustard, $\frac{1}{2}$ oz. of butter, cayenne, 2 tablespoonsful of milk, 1 dessertspoonful of white crumbs. Make milk and butter hot in "Quickfri," add cheese, mustard and cayenne, lastly add the breadcrumbs. Stir till set and creamy, add more milk if required. Pile on squares of toast and serve hot.

MACARONI CHEESE CROQUETTES.

The remains of some macaroni cheese chopped finely. Make a white sauce, with $\frac{1}{4}$ pint milk, 1 tablespoonful of flour, 1 oz. butter, 1 egg, and seasoning. Place the macaroni in the same and cool on a plate. Make into balls, egg and breadcrumb as directed and cook in "Quickfri" in boiling fat till golden brown. Sprinkle with grated cheese.

CHEESE CRISPS.

$\frac{1}{4}$ -LB. FLOUR.	1 TABLESPOONFUL GRATED CHEESE.
1 YOLK OF EGG.	SALT AND CAYENNE TO TASTE.
COLD WATER.	$1\frac{1}{2}$ -OZS. BUTTER.

Rub butter in flour, add cheese and season. Mix with yolk of egg and a little water to a rather soft dough. Roll out on floured board. Cut thin strips of the pastry, twist them a little and cook in "Quickfri" in boiling fat. Drain on paper, tie up in bundles with narrow ribbon or cotton, and stand up on a plate with a lace mat on it. They can also be stamped out with a small round cutter into biscuits and fried in the same way.

CHEESE STRAWS.

Time to cook: $\frac{1}{2}$ -minute.

2-OZS. BUTTER.

1 YOLK OF EGG.

3-OZS. FLOUR.

CAYENNE PEPPER.

2-OZS. GRATED PARMESAN.

SALT.

Rub butter in flour, add cheese, etc., and bind with yolk of egg. Roll out on floured board, cut into straws and place carefully in boiling fat in "Quickfri." Lower them in the fat on a slice to prevent breaking. Remove with slice and drain on paper.

CHEESE FRITTERS.

Time: 2—3 minutes.

Cut some mild cheese into inch squares, sprinkle with pepper and salt. Dip into frying batter and cook in "Quickfri" in boiling fat till crisp.

CHEESE MERINGUES.

Time to cook: 5 minutes.

3-OZS. GRATED CHEESE.

WHITES OF 2 EGGS

(WHIPPED VERY STIFFLY).

Mix, and form into balls with fingers and drop into hot fat in "Quickfri." Cook slowly. They should swell before browning.

SNACKS FOR MODEL PAN.

OMELETS.

Savoury.

2 EGGS.

1 TEASPOONFUL OF PARSLEY.

PEPPER AND SALT.

1 PINCH OF THYME.

1-OZ. BUTTER.

1 SMALL PIECE OF FINELY CHOPPED ONION.

Beat all lightly in a basin. Place the butter in the pan and when hot and bubbling pour in the mixture. Stir till setting at the bottom, shape to half the pan in a crescent shape, and hold under a grill till browned on top or turn and brown the other side in the pan. Serve at once.

SWEET OMELET.

Beat whites to a stiff froth, lightly whisk the yolks and add to whites. Make butter hot in pan, pour in the mixture and stir till setting at the bottom. Place a little hot jam in the centre and fold over to a half circle. Dust with sugar.

FRIED EGGS AND BACON.

Place some rashers of bacon in the hot pan. Cook slowly to extract the fat. Keep hot on a dish. Place 2 eggs at a time in the pan in the bacon fat and cook till set.

POACHED EGGS.

Place sufficient water in the model pan to come about half way up, add a teaspoonful of vinegar. When boiling reduce the heat and drop in 2 eggs at a time. Cook till set.

SCRAMBLED EGGS.

Melt a small piece of butter in the pan, and 2 tablespoonsful of milk and seasoning. Break 2 eggs into the pan and lightly beat with a fork till set. Pile on toast or fried bread.

HADDOCK.

Heat a little butter and milk in the pan, cut the fish into small pieces and cook till tender. Place a plate on the top of pan whilst cooking.

COD CUTLET.

Butter the sides and bottom of pan. Wrap the cod cutlet in buttered paper. Pour over a little milk and cover with a plate. Sprinkle with chopped parsley and serve. Cook fillets in the same way.

FRIED SPRATS.

Clean and dry the fish, dust with flour and season. Cook in model pan in a little hot fat, or can be cooked in deep fat in "Quickfri," using the basket.

KIDNEYS.

Skin and cut in half some sheep's kidneys, season and cook in hot fat in model pan. Place a plate on top whilst cooking. Serve on toast.

LIVER AND BACON.

Cook the bacon in model pan slowly to extract the fat. Slice the liver thinly, dust with flour and cook in the bacon fat till browned. If liked the gravy can be thickened with a little flour and poured over to serve.

MUSHROOMS.

Peel the mushrooms and cook in a little hot butter in the model pan till tender. Serve on toast or fried bread.

HERRING ROES.

Make a little butter hot in the model pan, dust the soft roes with flour and cook till brown and crisp. Serve on fingers of fried bread or toast.

PANCAKES.

4-OZS. FLOUR.	SALT.
1 EGG.	WATER IF REQUIRED.
$\frac{1}{2}$ -PINT MILK.	

Break the egg into the middle of the flour, add the milk gradually and mix to a smooth batter. Beat well and allow to stand 2 hours. Slightly grease and make hot the model pan. Place in a small quantity of batter, and when setting round the edges loosen with a knife. Turn or toss when browned on the underside. Sprinkle with lemon juice and castor sugar. Roll up and keep hot till all are cooked. Dust with sugar to serve.

FRIED APPLES.

Peel, core and cut into thick slices some cooking apples. Cook in "Quickfri" in boiling fat till brown. Dust with sugar to serve as a sweet.

FRENCH PANCAKES.

2-OZS. FLOUR.	2-OZS. SUGAR.
$\frac{1}{2}$ -PINT MILK.	2 EGGS.
2-OZS. BUTTER.	

Put butter in flour and sugar, beat in whisked eggs and add the milk. Beat well and allow to stand an hour or so before cooking. Heat a little hot lard in model pan, and pour in about 4 tablespoonsful of the batter. Turn when browned. Place one cake on top of the other with jam between to make one pudding. Dust with sugar to serve.

TO USE UP A LEG OF MUTTON.

- Sunday. Roast in "Quickfri" with potatoes.
Monday. Cold slices with mint sauce.
Tuesday. Mince and mashed potatoes.
Wednesday. Cornish pastry.
Thursday. The bone can be used for mutton broth. Chop into small pieces, add 2 onions, 1 carrot, cut into pieces, a tablespoonful of rice and seasoning. Boil for $1\frac{1}{2}$ hours till vegetables are tender.
-

TO USE A SHOULDER OF MUTTON.

- Sunday. Roast with potatoes in "Quickfri."
Monday. Cold. Mint sauce. Chip potatoes.
Tuesday. Mutton Fritters. Lean slices only.
Wednesday. The joint with remainder of meat, placed in "Quickfri" with 2 sliced onions, a tablespoonful of rice and a few slices of raw potato. Season with salt and pepper. Slightly thicken, if required, with a dessertspoonful of cornflour mixed with water. Boil up to cook the thickening.
-

FISH OMELET.

Time: 5—6 minutes.

Beat the white of the egg till it is a stiff froth. Lightly beat the yolk and pour it on to the whipped white. Melt $\frac{1}{2}$ oz. of vegetable butter in the "Model" pan. Pour in the mixture. When set and browned at the bottom put a little cooked fish in the centre and fold the omelet in half. Dust with cayenne and serve hot.

VEGETARIAN.

EGG, RICE AND CHEESE PANCAKES.

Boil 4-ozs. of rice until soft. When cold add a tablespoonful of grated cheese, a hard-boiled egg finely chopped, pepper and salt. Bind with a beaten egg and roll out to thickness of half an inch. Cut into flat cakes, egg and crumb, and cook in boiling fat in "Quickfri" till brown. Serve with parsley sauce.

POTATO SAUSAGES.

Boil and mash some potatoes, season, make into a stiff paste with a little beaten egg and flour. Roll out and cut into squares. Make a forcemeat with some breadcrumb, slightly moistened with water; add a teaspoonful chopped herbs, a small onion finely grated, $\frac{1}{2}$ -oz. vegetable butter. Well mix and place a small quantity on each square of potato. Roll up, dust with flour and egg and breadcrumb. Cook in boiling fat in "Quickfri" till browned. Serve tomato sauce.

MACARONI FRITTERS.

Boil 3-ozs. of macaroni until tender, add a small minced onion, 2 tablespoonsful breadcrumbs, and a chopped tomato. Bind with a beaten egg, and season. Spread on a plate to cool. Cut in pieces, dust with flour, egg and crumb and cook in boiling fat in "Quickfri" until brown.

LENTIL BALLS.

Wash $\frac{1}{2}$ -pt. of lentils and cook till soft in $1\frac{1}{2}$ pints of water; add a small onion and rub through a sieve. Season with pepper and salt, add a small piece of vegetable butter and bind the whole with a beaten egg. Flour the hands, form into balls, and egg and breadcrumb. Cook in boiling fat in "Quickfri." Serve with any sauce liked.

SCOTCH EGG.

Time to cook: 2 minutes.

Boil one or two eggs for 10 minutes and then remove the shells. Roll the shelled eggs in flour and then in forcemeat. Dust with flour and egg and breadcrumb. Cook in "Quickfri" in boiling fat till

browned. Cut each egg in half through the middle, decorate with chopped parsley and serve on a ring of fried bread covered with a slice of tomato. Make the forcemeat as for veal.

EGG AND TOMATO SCRAMBLE.

Time: 3 minutes.

Beat up 2 whole eggs. Make hot in the "Model" pan 1-oz. butter. Chop a slice of tomato very finely; add to the beaten egg and stir in the pan till set and creamy. Serve on toast.

TOMATO EGGS.

Scrap the centre out of a large tomato, break a raw egg right into the hollow and cook in hot fat in "Quickfri" basket. As soon as the egg is set dish the tomato on a square of fried bread.

CHEESE EGGS.

Poach one or two eggs in hot fat in "Quickfri" pan. Serve on squares of fried bread and sprinkle over some grated cheese. Serve hot.

EGG AND CHEESE SCRAMBLE.

Make 1-oz. of butter hot in "Model" pan, add 2 tablespoonsful of milk, beat up an egg and add to the butter and milk. Stir till just setting and then add 1 tablespoonful of white crumbs, and one of grated cheese. Serve on fried bread. Season, salt and cayenne.

ROAST TOMATO.

Time to cook: 2—3 minutes.

Well dry the outside of some good sized tomatoes; just score through the skin in four places. Place in boiling fat in "Quickfri." The skin will roll back and should form 4 leaves. Serve on a ring of bread fried in boiling fat in "Quickfri." Sprinkle with grated cheese.

INDEX

SOUPS.

Clear Soup	...	...	...	17
Thick	...	...	...	17
Pea	...	...	...	18
Ox Tail	...	...	...	18
Mutton Broth	...	...	...	18

FISH.

Hints on Frying	...	...	...	19
Hints on Preparing	...	...	...	19
Batter for Fish	...	...	...	19
Fish Cutlets, Broiled	...	...	...	20
Smelts, Fried	...	...	...	20
Fish Fritters	...	...	...	20
Fish Flakes	...	...	...	21
Fish Omelet	...	...	...	21
Fish Castles	...	...	...	21
Whitebait, Fried	...	...	...	21
Cod, Boiled	...	...	...	22
Salmon Cutlet, Boiled	...	...	...	22
Fish Croutes	...	...	...	22
Sardine Savoury	...	...	...	22
Plaice, Fried	...	...	...	23
Mackerel, Fillets	...	...	...	23
Haddock	...	...	...	44
Cod's Roe	...	...	...	44
Salmon Cutlet, Fried	...	...	...	48
Devilleed Roes	...	...	...	48
Cod Cutlet, Fried	...	...	...	51
Sprats, Fried	...	...	...	51

MEAT.

Beef, To Roast	...	...	...	24
Beef, To Boil	...	...	...	24
Mutton, To Roast	...	...	...	25
Veal, To Roast	...	...	...	25
Pork, To Roast	...	...	...	25
Meat, To Stew	...	...	...	25
Meat, To Braise	...	...	...	25
Mutton Cutlets	...	...	...	26
Lamb Cutlets	...	...	...	26
Steaks, Little	...	...	...	26
Steaks, Rump	...	...	...	27
Beef Olives	...	...	...	27
Beef, Curried	...	...	...	27
Rabbit, Boiled	...	...	...	28
Rabbit, Roast	...	...	...	32
Steak, Stewed	...	...	...	42
Sausages, Fried	...	...	...	42

MEAT (continued)

Kidneys on Toast	...	...	...	43
Steak and Kidney Pudding	...	...	...	43
Cornish Pastry	...	...	...	43
Irish Stew	...	...	...	43
Kidney Hot Pot	...	...	...	43
Sheep's Tongue	...	...	...	44
Tripe, Stewed	...	...	...	44
Rissoles	...	...	...	46
Hot Pot	...	...	...	46
Beef, Minced	...	...	...	46
Mutton, Hashed	...	...	...	46
Meat Patties	...	...	...	47
Meat Fritters	...	...	...	47
Croquettes	...	...	...	47
Little Potato Pies	...	...	...	47
Liver and Bacon	...	...	...	51
Kidneys	...	...	...	51

POULTRY AND GAME.

Fowl, Roast	...	...	...	31
Chicken, Roast	...	...	...	31
Pigeon, Roast	...	...	...	31
Fowl, Boiled	...	...	...	32
Fowl, Old, boiled	...	...	...	32
Pheasant, Roast	...	...	...	32
Turkey, Roast	...	...	...	32
Rabbit, Roast	...	...	...	32

PUDDINGS AND PASTRY.

Pastry, How to make	...	...	...	33
Apple Fritters	...	...	...	33
Apple Dumplings	...	...	...	37
Apple Pie	...	...	...	38
Tartlets, Jam	...	...	...	34
Beignets	...	...	...	34
Yorkshire Pudding	...	...	...	35
Quickfri Pudding	...	...	...	35
Quickway Pudding	...	...	...	35
Marmalade Pudding	...	...	...	36
Roly Poly, Jam	...	...	...	36
Pastry Ribbon	...	...	...	37
Treacle Pudding	...	...	...	37
Jersey Wonders	...	...	...	37
Jam Puffs	...	...	...	39
Lemon Cheese Tarts	...	...	...	39
Orange Beignets	...	...	...	39
Pancakes	...	...	...	52
French Pancakes	...	...	...	52
Apples, Fried	...	...	...	52

CHEESE.	PAGE.
Fritters	49
Fingers	49
Cream	49
Macaroni Cheese	49
Crisps	49
Straws	50
Meringues	50

EGGS.	
Egg Castles	55
Fritters	40
Surprise	40
Scotch	41
Curried	41
Cutlets	48
Eggs and Bacon	51

VEGETARIAN.	
Potatoes, Assorted	29
Green Peas	30
Vegetable Marrow	30
French Beans	30
Cauliflower	30
Parsnips in Batter	30
Potatoes Cooked in their Skin	30
Suet Dumplings	33
Egg Cutlets	48
Scrambled Eggs	48
Fish Omelet	51
Eggs, Rice and Cheese	54
Potato Sausages	54
Macaroni Fritters	54
Lentil Balls	54
Scotch Eggs	54
Egg and Tomato Scramble	55
Tomato Eggs	55
Cheese Eggs	55
Egg and Cheese	55
Roast Tomato	55

CAKES.	
Dough Nuts	34
Puffed Cakes	34
Raspberry Buns	35
Breakfast Rolls	36
Jam Cakes	38
Fritter Balls	38
Scones	39

SAVOURIES.	PAGE.
Herring Roes	40
Surprise Eggs	40
Egg Fritters	40
Scotch Eggs	41
Curried Eggs	41
Bacon and Sausage	41
Pork Rissoles	41
Anchovy Croutes	41
Quickway Savoury	41

SAUCES.	
Melted Butter	45
Caper Sauce	45
Piquant Sauce	45
Parsley Sauce	45
Bread Sauce	45
Anchovy Sauce	46
Apple Sauce	46

SNACKS FOR MODEL PAN.	
Omelets, Savoury	50
Omelets, Sweet	50
Eggs and Bacon, Fried	51
Eggs, Poached	51
Eggs, Scrambled	51
Had lock	51
Cod Cutlet	51
Sprats, Fried	51
Kidneys	51
Liver and Bacon	51
Mushrooms	52
Herring Roes	52
Pancakes	52
Apples, Fried	52
Pancakes, French	52
Mutton, to use up Joint	53

SPECIMEN MENU.	
Breakfast	13
Luncheon	13
Dinner	14
Supper	15

COLD MEAT DISHES.	
Rissoles	46
Hot Pot	46
Mince	46
Hashed Meat	46
Meat Patties	47
Meat Fritters	47
Croquettes	47
Little Potato Pies	47
Deville Chicken Legs	47

QUICKFRI

Demonstrators

Use and Recommend

Feathery Flake



Flour

Purest and Best

ACCESSORIES USED

AT

Quickfri Demonstrations

AND

Labour Saving Devices



Original Recipes, Hints,
etc., for "Quickfri"
Cooking.

QUICKWAYS BESTOMATS

(Patent applied for).

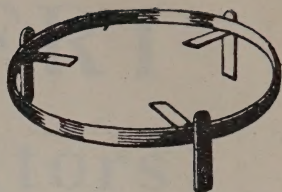
When liquid in the "Quickfri" Pan has been brought to the boil, it should be taken off the gas and placed on the Bestomat. The heat is retained and the cooking prolonged without using any more gas, etc. Fits any "Quickfri" Power Kettle.

Postage and
packing 6d.

To fit No. 4 size

2/9

3/9



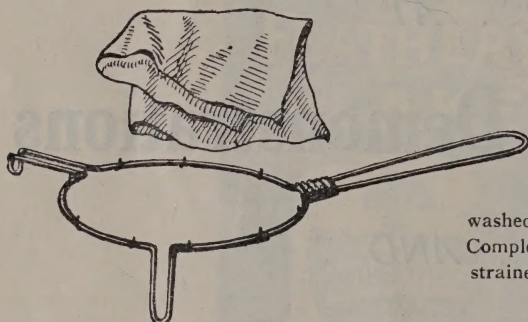
Quickways SAFETY
STAND for "Quickfri"
Cooking Pan, when used
on gas ring, Quickway
lamp or oil stove.

Postage and
packing 9d.

To fit No. 4 size

1/9

2/9

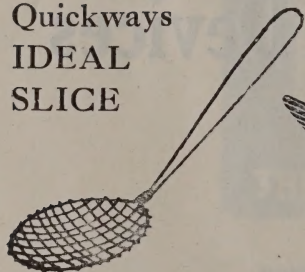


Quickways STRAINER obviates all trouble in straining fat. Ordinary strainers need washing separately as water becomes so greasy. Quickways Strainer is simple. It fits any pan and the filter muslin is removed in a second and

washed like a dish cloth.
Complete with two cloth
strainers. Postage, etc., 3d.

1/6

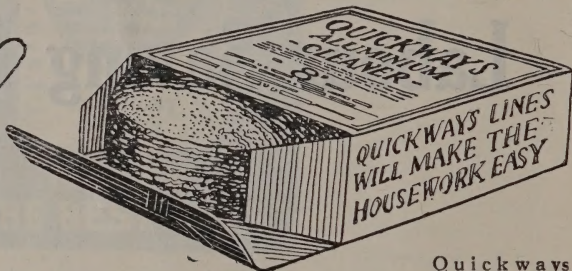
Quickways
IDEAL
SLICE



For serving
food from
"Quickfri"
Pan, free
from fat.

Postage
3d.

1/-



Quickways
ALUMINIUM
CLEANER

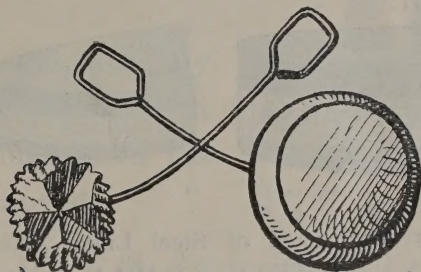
is a necessity for users of aluminium ware. Cleans pots, pans, etc., thoroughly and quickly, and preserves the life of all aluminium. Non-injurious. Will last a month if instructions are carried out.

8d.

QUICKWAYS

PASTRY MOULDS

FOR DAINTY SNACKS

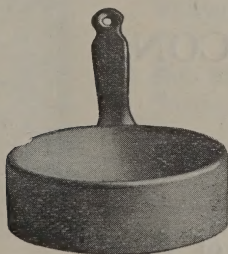


Filled with jelly, custard, stewed fruits, salmon, etc.,
make tasty dishes for tea or parties.

From **2/6** Each

Postage and packing 3d.

PANCAKE or OMELET PAN.



Ideal for Breakfast, Snack or Dinner.
Food will never burn. Asbestos lined.

Only **3/9**
Postage 9d.

EXTRA BOWLS

For "QUICKFRI."

A great boon to the busy.

Keep one bowl for fat and have another
for water cooking.

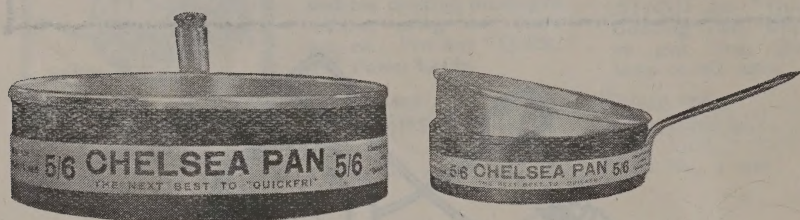
Size of Pan.	Save fat and time.	
No. 2		5/6
No. 3	...	6/6
No. 4		18/-

Postage 9d.

The Chelsea Pan

The Next Best to Quickfri

Steel and Asbestos Lined Rim



The outer rim is constructed of Steel Lined Asbestos, making it **PRACTICALLY INDESTRUCTIBLE**, and the **LOOSE ALUMINIUM BOWL**, being rounded in shape, **PREVENTS BURNING**, and makes it so easy to wash.

Only a flicker of gas is needed, so **SAVING** here is **80% ON GAS ALONE**. Equally effective on a Coal Fire or Oil Stove.

The bowl is $9\frac{1}{2}$ inches in diameter and $2\frac{1}{2}$ inches deep.

IDEAL FOR

EGGS and BACON

RISSOLES

FISH

And small articles of Food

If the lid of No. 3 Quickfri is used it makes an Ideal Steamer

LOOK FOR THE REGISTERED BAND

Quickways the Magic Kettle

Made of Finest Aluminium

Will not wear or burn out
as gas glides around the
bowl and flame is evenly
spread.

Fast boiling, and the only
kettle in the World that
goes on boiling when gas
or heat is removed.



No. 1 KETTLE, about 3 pints

No. 2 " " 4 "

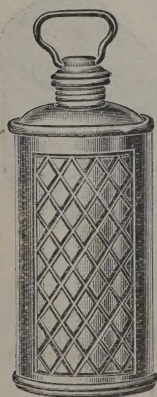
No. 3 " " 5½ "

These kettles will remain boiling for
10 to 15 minutes after gas has been
turned out.

USED ON GAS, COAL OR OIL FIRES.

Aluminium

Hot Water Bottles



No. 348.

No. 348. Round Pattern.

Capacity 2 Pints.

Price 2/6

Vulcanite covers, Red, Blue
or Grey, **1/9**

No. 350. Oval Pattern.

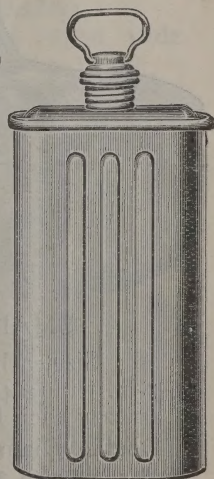
Suitable for **Motor Car.**

Foot Warmer.

Capacity 3 Pints.

Price 5/9

Covers **2/-**



No. 350.

NEITHER SOLDERED OR WELDED.
SILVER POLISHED. IMPROVED STOPPER.
GUARANTEED LEAK PROOF.

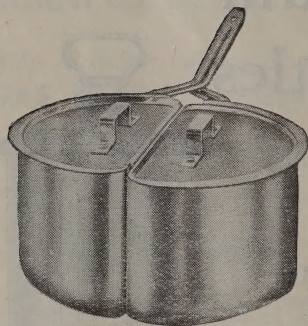
Bolton Double Detachable Saucepans

Saves Fuel, Time and Space

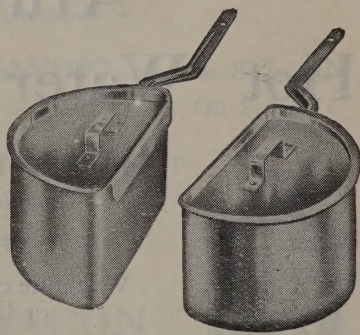
These pans, slightly more than half circular in shape, are clipped securely but simply together, and may be immediately detached if one dish is cooked before the other, or if it is desired to use one half only.

**Manufactured in Hard Rolled Aluminium
of superlative Finish**

In three sizes:



**Double
Sauce-
pan**



Dimensions:

SMALL.

Size each half
7-in. wide $\times$ $4\frac{3}{4}$ -in. deep.
Capacity each half 3 pints.
Double Diameter $8\frac{1}{2}$ -in.

Price 14/9

MEDIUM.

Size each half
 $8\frac{1}{4}$ -in. wide $\times$ $5\frac{1}{4}$ -in. deep.
Capacity each half 6 pints.
Double Diameter $10\frac{1}{2}$ -in.

Price 18/9

LARGE.

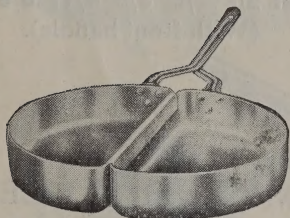
Size each half $10\frac{1}{4}$ -in. wide $\times$ 6-in. deep. Capacity each half 8 pints.
Double Diameter 12-ins.

Price 25/9

Bolton Double Detachable Fry Pans

These Fry-pans have the same advantages as the Double Detachable Saucepans. They are manufactured only in the same high grade quality.

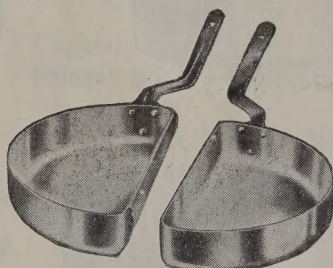
DOUBLE FRY PAN



SMALL.

Size each section $8\frac{1}{4}$ -in. wide.
Double Diameter $10\frac{1}{2}$ -in.

Price 12/6

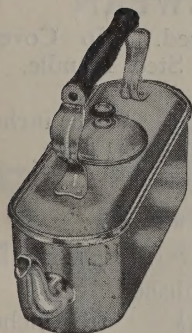


STANDARD.

Size each section $10\frac{1}{4}$ -in. wide.
Double Diameter 12-in.

Price 14/6

BOLTON SAFETY KETTLE

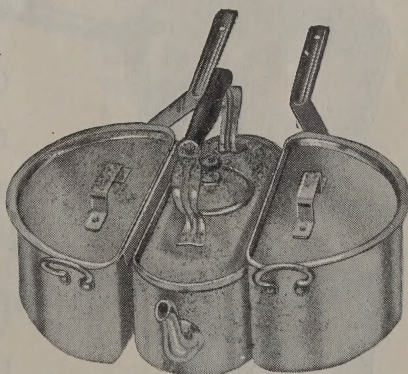


With Patent Lid
which cannot fall
off.

Made to fit
between the two
halves of BOLTON
saucepans.

Capacity 4 pints.

Price 12/6



All the above are manufactured in the highest possible grade of
Hard-Rolled Aluminium of extra thickness.

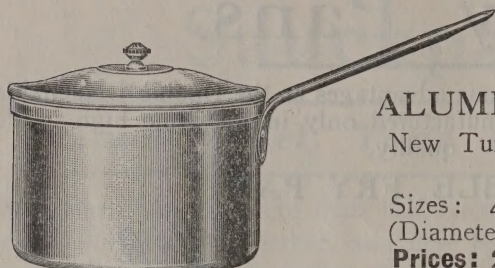
Each section is without joints or seams and is beautifully finished.



CORFALGAR

HIGH-GRADE

Aluminium Ware



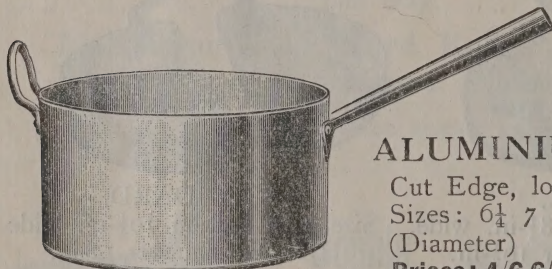
No. 250.

ALUMINIUM SAUCEPAN

New Turnover Edge, long handle, with cover.

Sizes: $4\frac{3}{4}$ $5\frac{1}{2}$ $6\frac{1}{4}$ 7 8 inches (Diameter)

Prices: 2/- 2/6 3/6 4/11 6/6 (With front handle).



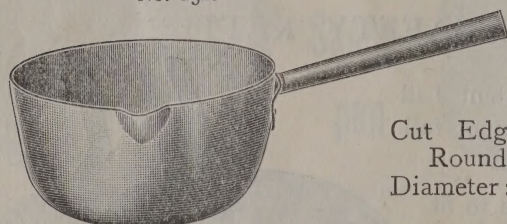
No. 252.

ALUMINIUM SAUCEPAN

Cut Edge, long handle, with cover.

Sizes: $6\frac{1}{4}$ 7 8 $8\frac{3}{4}$ $9\frac{1}{2}$ $10\frac{1}{4}$ 11 inches (Diameter)

Prices: 4/6 6/- 7/6 9/6 11/9 13/6 15/9



No. 246.

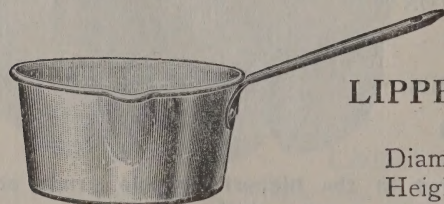
ALUMINIUM LIPPED STEW PAN

Cut Edge. Lipped. No Cover. Round Tapered Steel Handle.

Diameter:

$4\frac{1}{4}$ $5\frac{1}{4}$ $6\frac{1}{4}$ 7 8 inches

Prices: 2/3 2/7 $\frac{1}{2}$ 3/4 $\frac{1}{2}$ 4/1 $\frac{1}{2}$ 5/3



No. 242

ALUMINIUM LIPPED MILK SAUCEPAN

Silver Polished.

Diameter $4\frac{3}{4}$ $5\frac{1}{2}$ $6\frac{1}{4}$ inches

Height $2\frac{1}{2}$ 3 $3\frac{3}{4}$ inches

Prices: 9d. 10 $\frac{1}{2}$ d. 1/1 $\frac{1}{2}$ each

BRITISH MADE

CORFALGAR High-Grade Aluminium Ware



No. 334.

ALUMINIUM KETTLE

Silver Polished.

Guaranteed Leak-Proof.

Solderless.

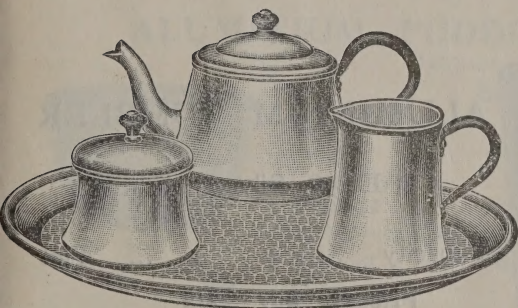
Wood Grip Handle.

New Method of Manufacture.

Every Kettle Tested before leaving Factory.

Capacity 2 3 4 6 8 Pts.

Prices: 3/9 4/3 4/9 6/6 8/3



ALUMINIUM

TEA SETS

Teapots:

No. Capacity 1½ pint

319 (Swan Spout) 2/6

319 (Straight ,,) 2/3

Capacity 2¼ pint

319 (Swan Spout) 3/9

Finger Bowls:

No. 312 (with lid) 1/1 ea.

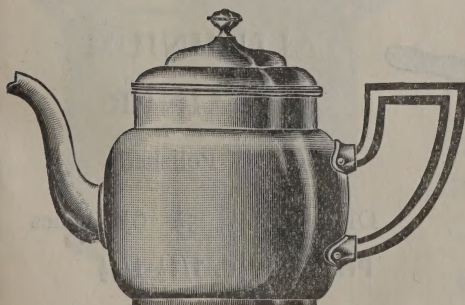
No. 313 (no lid) 7½d. ,,

Cream Jug:

No. 314 ... 1/4 each

Tray:

No. 367 (12½-in. hammered centre) 1/10½d. ea.



No. 310.

ALUMINIUM TEA POT

Silver Polished.

Black Ebonised Handle.

Push-on-Lid.

Capacity 1½ 2 3 Pints

Prices: 3/9 4/6 5/9

BRITISH MADE

CORFALGAR

HIGH - GRADE

Aluminium Ware



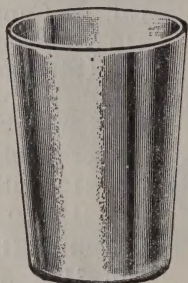
No. 301.

ALUMINIUM TOBY JUG

Silver Polished. Aluminium Handle.

Capacity 1 2 $\frac{1}{4}$ 3 4 $\frac{1}{4}$ Pints

Prices: 1/9 2/9 3/9 5/9



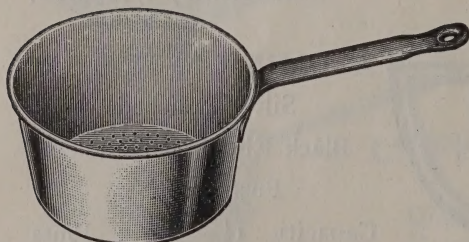
No. 296

ALUMINIUM TUMBLER

Cut Edge. Silver Polished.

Capacity ... $\frac{1}{2}$ 1 ... Pint

Prices: 9d. 1/3



No. 284

ALUMINIUM STRAINER

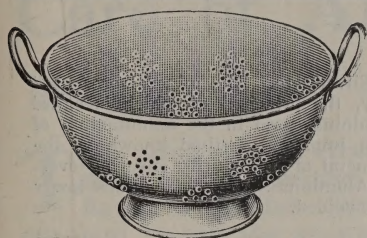
Silver Polished.

Diameter 4 $\frac{3}{4}$ 5 $\frac{1}{2}$ 6 $\frac{1}{4}$ inches

Prices: 10 $\frac{1}{2}$ d. 1/1 $\frac{1}{2}$ 1/4 $\frac{1}{2}$

BRITISH MADE

CORFALGAR High-Grade Aluminium Ware



No. 288.

ALUMINIUM COLANDER

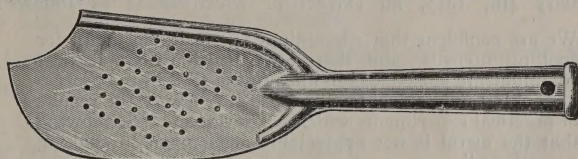
Silver Polished.

2 Side Handles.

Size 8 10 inches

Prices: 3/- 3/9

ALUMINIUM FISH TROWEL



No. 361

Price 6½d

ALUMINIUM PUDDING BASINS

Without cover also with cover.

Silver Polished.



No. 410.

Diameter	4½	5	5¾	6½	7½	8¼	inches
Height	2¾	3	3¼	3½	3¾	4	inches
Capacity	2½	1	1¾	2¼	3½	4½	Pints

Prices:

with cover	7½d.	9d.	1/-	1/3	1/6	1/9
without ,,	—	1/6	1/9	2/6	3/-	—

ALUMINIUM TEA URN

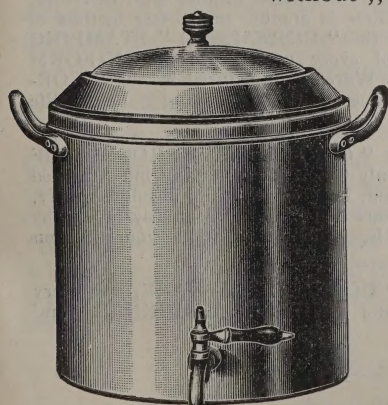
Silver Polished.

Fitted with Full Way Brass Tap.

Dome Lid. Side Handles.

Diameter	8	9½	11	inches
Height	7	8¾	10¼	inches
Capacity	1	2	3	Galls.

Prices: 26/6 27/- 33/9



No. 323.

BRITISH MADE

The Truth about Aluminium Ware

ALUMINIUM is a metal like Iron, Copper, Silver, etc. The mineral ores used for producing Aluminium are found in Clay, the principal of which is called Bauxite, a silicate of Aluminium. The Aluminium used in the manufacture of "CORFALGAR" Ware is produced by the latest improved method known as the ELECTROLYTIC PROCESS, which produces a metal of 99% purity ensuring everlasting wear, whereas other methods of producing Aluminium result in a much lower standard and, therefore, such low grades should be avoided.

As regards the suitability of Aluminium for Cooking Utensils, a severe and exhaustive scientific investigation was made on behalf of the Medical Profession as well as in the interests of the Public, and the scientific report was published in *The Lancet* on January 4th, 1913, an extract of which reads as follows:—

"We are confident that Aluminium is a suitable metal for
"cooking utensils, and that any suspicion that it may
"communicate poisonous qualities to the food in the process
"of cooking may safely be dismissed, in view of the results
"of practical experiments which we have recorded, showing
"that the metal is not appreciably acted upon in cooking
"operations."

An emphatic professional statement such as the above, leaves no room for scepticism and there is no doubt that ALUMINIUM WARE HAS COME TO STAY because of its superiority over any other Kitchen Utensil. Who wants to cook in a cumbersome, rusty Cast Iron Saucepan, or in an Enamel Utensil which is dangerous on account of the chippings mixing with the food and leaving an ugly rusty spot, besides in both cases taking nearly four times as long to cook with, when a BEAUTIFUL SILVER POLISHED "CORFALGAR" ALUMINIUM UTENSIL can be obtained CHEAPER, when taking into consideration its everlasting wear.

The first method of manufacturing Aluminium Ware was by Casting, but there is no necessity to enlarge on this process, as Cast Aluminium Ware is far too cumbersome for general use. This method was later improved upon by a "Spinning Process" which, however, is not to be recommended as the thickness of the metal is usually pulled to the top, leaving the bottom and sides much thinner and, therefore, deceiving as to the true gauge and thickness. There is another and better method of manufacturing Aluminium Ware and that is by the "CORFALGAR" STAMPING PROCESS, by which the sides and bottom of every utensil are of UNIFORM THICKNESS AND STRENGTH. Aluminium Ware manufactured by the "CORFALGAR" PROCESS is, therefore, in the unique position of having a longer life than any other known Kitchen Utensil.

Since the introduction of the IMPROVED "CORFALGAR" PROCESS OF STAMPING ALUMINIUM WARE, Experts firmly believe that nothing but Stamped Aluminium Utensils will be used in the future and, on account of its absolute purity, heat conductivity and safety to health, it is obvious that YOU will greatly benefit by using "CORFALGAR" ALUMINIUM WARE, which will make your kitchen brighter and your work lighter.

All large Stores carry a large assortment of "CORFALGAR" WARE, and every article is guaranteed PURE ALUMINIUM and UNIFORM THICKNESS and STRENGTH.

BRITISH MADE

The Care of Aluminium Ware

THE advantages of Aluminium ware are many. It cannot burn or scorch food, neither will it taint, nor in any way affect the flavour. Another outstanding merit is that it saves from one-third to half the amount of heat required.

When cooking by gas, lower the pressure when the contents of the aluminium ware begin to boil, as they will continue simmering with very little heat to finish cooking.

The light brown coating which forms on the inside of saucepans, etc., should not be removed as advised by some people. It is quite harmless.

After cooking food such as porridge and thick soup which adhere to the side of the utensils, fill with cold water and leave for a while. This will soon soak through enabling the pan to be easily cleaned.

If the pan is very dirty, scour thoroughly with boiling water, then plunge into cold water, still continuing to scour. The dirt seems to be easily removed in this manner, allowing the utensils to become very bright.

Should aluminium articles become very greasy outside, a little soap and hot water may be used to clean them, otherwise soap should not be used.

SODA is unnecessary and SHOULD NEVER BE USED for cleaning ALUMINIUM. The amount of SODA used in ordinary cooking, however, is too small to appreciably affect the metal.

Dark vegetable stains may be removed from aluminium by placing a piece of lemon in water and bringing to the boil.

When water is first boiled in an aluminium pan the article frequently turns black up to the water mark. This darkening is of no detriment to the pan or to the contents. It is the effect of substances held in solution in the water, a visible film of an aluminium salt forming upon the surface of the vessel. All aluminium salts are absolutely harmless to the human frame, moreover, this film actually adds to the life of the vessel. We therefore do not recommend its removal.

BRITISH MADE

The Colona Washer

Saves
Time!

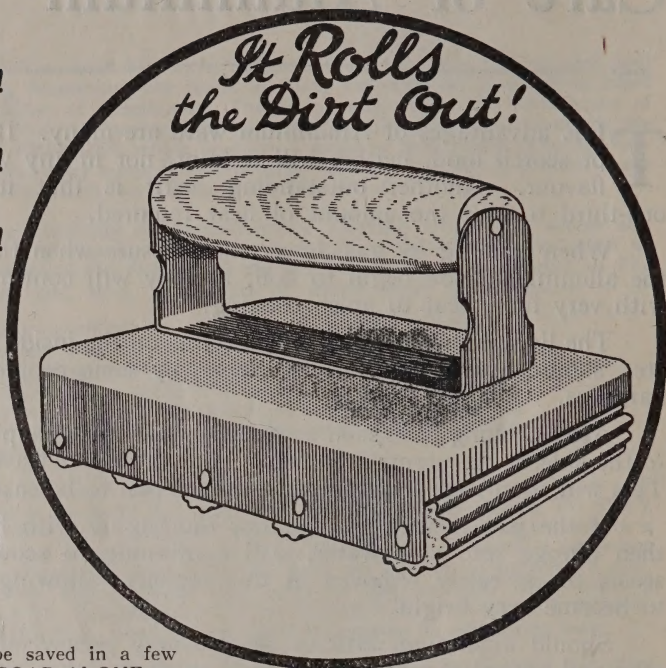
Saves
Labour!

Saves
Wear!

—
3/9

**Buys this
Household
Necessity**

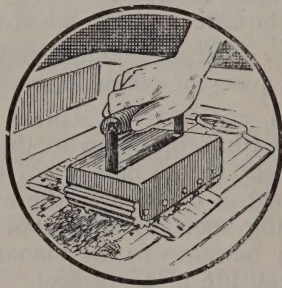
—
The cost will be saved in a few
weeks on SOAP ALONE



A glimpse at these illustrations shows the simplicity and effectiveness of this wonderful labour saving invention.



**SOAP
IT
WELL.**

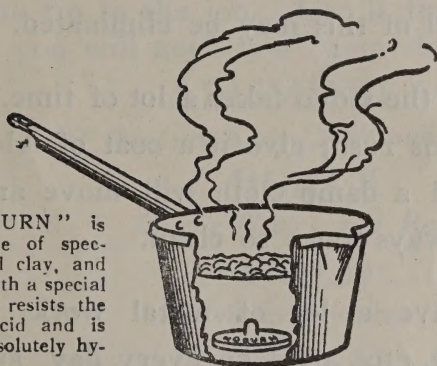


**ROLL
THE
DIRT
OUT**

HERE is an invention that will be eagerly adopted by the woman who desires to make washing-day more of a pleasure than a wearisome task. The "COLONA" WASHER by its already vast sales has proved to be a "washing-day" necessity. Made throughout with best quality materials it is practically indestructible and its simple action requires no expert manipulation—no scrubbing, rubbing or exertion—and what is more important, NO INJURIOUS EFFECTS ON THE MOST DELICATE FABRICS.

QUICKWAYS “NOBURN”

Prevents the Contents of the Saucepan from Burning or Boiling over.



The “NOBURN” is British made of specially selected clay, and is covered with a special glaze which resists the action of acid and is therefore absolutely hygienic.

RETAIL

1/-

PRICE

Postage 2d.

There is no need to watch the saucepan if you use a QUICKWAYS “NOBURN.” Just put the “NOBURN” in the bottom of the saucepan and leave it on the gas. The contents will NOT burn or boil over.

The “NOBURN” is one of the most useful helps to kitchen efficiency ever invented. It prevents milk, stews, jams, in fact ANYTHING that is boiled in a saucepan, from boiling over.

IT SAVES TIME.

You can leave a saucepan that contains a “NOBURN,” knowing that its contents will not burn and will not have boiled over on your return.

IT SAVES MONEY.

There is no waste with a “NOBURN.” Without it the milk or other liquid often boils over and nearly half of it is wasted. The saucepan burns and soon wears out.

IT SAVES MESS.

With a “NOBURN” the saucepan cannot burn, and is easily cleaned after use, and the gas stove top is never splashed.

CLEANING

WHAT an enormous amount of daily cleaning goes on in a house. By a little thought a great deal of this may be eliminated.

Cleaning the stove takes a lot of time. Water spilt means rust; give it a coat of Aluminium paint and a damp cloth will move any mark and it always looks so clean.

Don't have a lot of metal work, such as brass taps, etc., to clean every day, give them a coat of Lacquer, and a rub with a duster will always give them a brilliant shine.

The front steps must be cleaned—clean them easily with Quickwhite; no soiling the hands, bending or stooping.

The bath is looking shabby perhaps—give it a coat of Lakamal it will be equal to new.

Above are just a few suggestions, but you have only to look around your own home and see how many tasks are done daily which could easily be abolished without loss of efficiency.

LIMPET PAINTS & ENAMELS

HERE is the ideal House Paint, dry in twenty minutes, no smell. Will stand acids, heat, water. Never discolours or rubs off, straight from the tin to the job. Use it freely in the kitchen and all you will need is a damp cloth.

ALUMINIUM

for the Gas Stove, Sink and Ironwork.

BLACK

for the Grates and Range.

GOLD

for the Pictures.

JAPAN

for the old Tea Trays, Coal Boxes.

TURN YOUR WASTE TINS INTO USEFUL ARTICLES

Old Shoes or Slippers can be made new with the Gold, Copper or Aluminium.

Can be used on Glass, Wood, Leather, Metal, China, Paper, Cane, and will stick wherever put.

From **6d.** per Bottle

All ready for immediate use.

Postage 3d.

All Colours in very best Enamel

From **6d.** per Tin

Prices of larger sizes on application.

QUICKWITE

ONE often sees a woman on hands and knees cleaning the front door steps; it is not pleasant for her, so why let her do it when she can stand upright at ease and clean the steps better, quicker and without a backache.

Just a bucket of water, a rub over with Quickwite, the job's done.

Ask our Stockist to show you

QUICKWITE—THE ONE MINUTE STEP CLEANER.

Just as good for Window Sills.

Complete with Handle

2/6

Postage, 9d.

NO STOOPING.

NO BENDING.

NO SOILED HANDS.

QUICKWAYS

Furniture Polish

THE aim of every housewife is to have well-polished furniture, pianos, etc.; this, by old-time methods of wax polish and creams takes a great deal of time and hard work.

QUICKWAYS FURNITURE POLISH

will give your furniture a gloss like a new piano; will take exactly 10 seconds to dry, and if you then dust over it, nothing will stick to the polish. No more effort to use than in dusting, and whether it is wood, metal or paint, you are assured of a high-class finish which will keep its lustre. Never sticky and will stand heat of sun.

One size only **2/-** per large bottle

Postage 6d.

Enough to last ordinary household three months.

Avoid drudgery and use "Quickways."

QUICKWAYS LAKAMAL

HERE at last is the Ideal Paint for the bath. Ivory white surface, covered in one coat. No filling required. Hard as glass in 20 hours, and once on will not come off again. Will stand heat, damp, and prevent rust.

Per 1/6 Tin

or larger size sufficient to cover an ordinary bath at 4/-
Ready for use. Postage 4d.

QUICKWAYS In visible Lacquer

NUMBERS of People have an idea lacquering is a task for the professional only, yet as a matter of fact it is the simplest of all forms of decoration, and result is always good.

Oh the weary hours that are spent daily in polishing metals, which on foggy or rainy days look as bad an hour afterwards!

Now, ONE TIN of

“Quickways” Invisible Lacquer

(be sure it is “Quickways”)

will cover your door knocker, handles, letter-box, taps, stair rods, etc., and keep them spotless for nine months.

GET A TIN TO-DAY

and have those present wasted hours as leisure to yourself. Life will be pleasanter shorn of its needless drudgery.

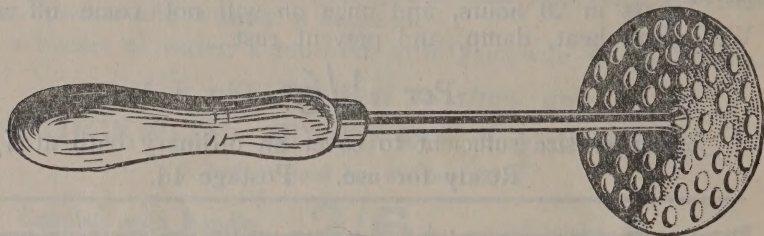
We strongly recommend for use after plating with Argentum.

Price 1/6 per Tin

Postage 3d.

QUICKWAYS POT-MASH

(Trade Mark)



Reg. No. 675,700.

WHO can resist the tempting flavour of potatoes mashed with a little milk and served piping hot. They make the most economical dish appetising.

The POT-MASH was designed by a leading Chef after careful experiments and will be found a boon to every busy housewife. It is acknowledged by all users to be one of the most useful articles in the kitchen. It is easily cleaned and will not rust, being coated with pure tin (not electro-tinned), so will therefore last for years. It turns the potatoes out whiter, and you can make them in long round curls or short and flaky as desired.

The POT-MASH can be used as a spoon after the Potatoes have been mashed. The POT-MASH can also be used as a vegetable presser with advantage. We claim that it is possible to mash 10 lbs. of Potatoes in one minute. The POT-MASH is well made from good sound material by British Labour only. You can't afford to be without a POT-MASH. It quickly saves its cost!

For Mixing Batter.

It is ideal, obtaining a far creamier mixture than any other method.

For Fruit Mashing.

Gooseberries, Strawberries, etc., it is without equal.

For Egg Sandwiches.

It pulps hard boiled eggs perfectly.

For Separating.

Yolk and White of egg, it is the simplest method known.

For Whisking.

Eggs, Cream, etc. it makes a filmy mixture, and there is no splash.

For Curls of Butter.

Just scrape butter with Pot-Mash, and a perfect curl results.

And a Use far from Cookery.

It is the finest dab-washer for Stockings, Handkerchiefs, etc., on the market.

Price **1/6** nett

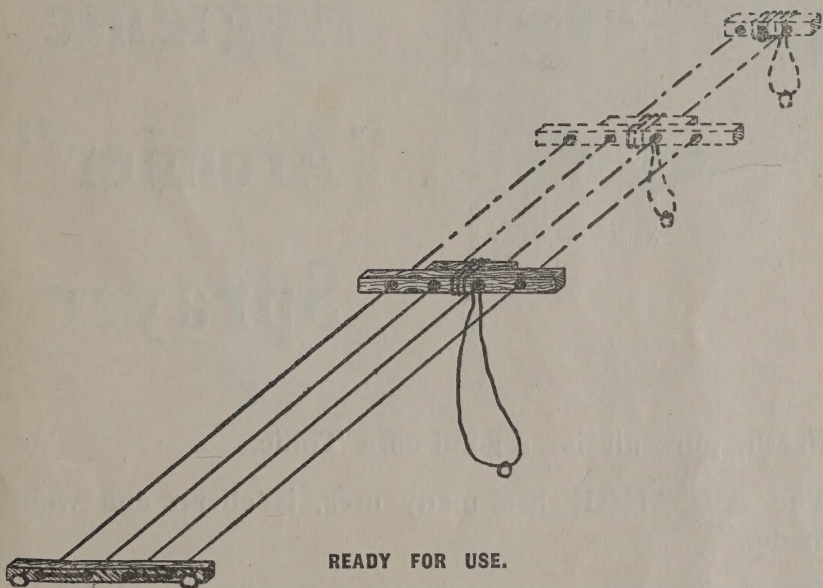
Postage 4d.

The "Fixoquix"

(PATENT)

ADJUSTABLE CLOTHES LINE

THE LATEST AND MOST HANDY DRIER ON THE MARKET.



READY FOR USE.

This indispensable form of clothes line can be instantly adjusted to required length.

It gives you **FOUR** lines in one fitment, and, when not in use, can be folded into a very compact size.

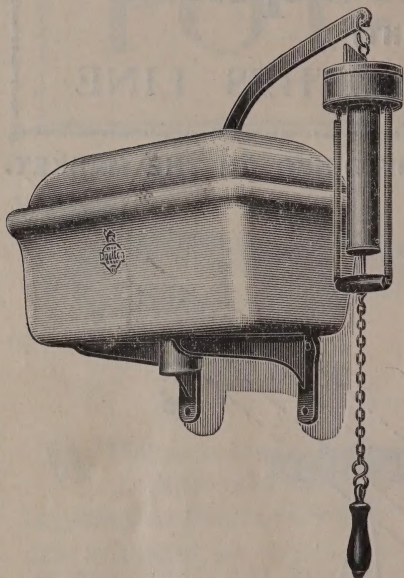
Fits Anywhere and Everywhere; is invaluable in the nursery, bungalows, flats, etc., and is equally suitable to bathroom, kitchen, backyard or garden.

Price **3/6** Each

Post free.

With extra 12 yds. cord, 4/-

A Household Necessity



THE PATENT Hygienic “Aromier” Sprayer

Fresh, pure air is as good as a Tonic.

The AROMIER has many uses, is cheap and well-made.

Can be fixed to your lavatory in 2 minutes. It hooks on to chain, and sprays a pleasant perfume.

Can also be used for spraying roses, plants, theatres, cinemas, hotels, etc., and in all places where the atmosphere needs a “refresher.”

Price 7/6

Perfumed Disinfectant 3_D, a Tablet

Each Tablet lasts from 2 to 3 months.

